

PSYCHOLOGICAL CONSEQUENCES OF PANDEMIC
**PSYCHOLOGICAL CONSEQUENCES OF LOCKDOWN AND
QUARANTINE DURING COVID-19**

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Abstract

Currently, across the world, the people are experiencing unexpected situation, emotions and thought during COVID-19 pandemic. Whereas the pandemic has affected and impacted every part of human life and activities, this paper specifically focusses on the pandemic situation whereby many people face psychological consequence in their daily life.

Keywords: COVID -19, pandemic, psychological consequence, lockdown and quarantine.

Currently, we all are experiencing unexpected situation, emotions and thought during COVID-19 pandemic. Pandemic has not happening first time. We have experienced earlier such as plague pandemic, cholera pandemic, Spanish Flu, SARS, MERS and Ebola etc. However, pandemic COVID-19 is on a completely different picture. It has been traumatized entire world and created global panic.

Novel coronavirus emerge in Wuhan (China) by December 2019 and that time has created many controversies. In January 2020 the WHO declared the outbreak of anew coronavirus disease (COVID-19). COVID -19 to be a public health emergency of international concern. WHO stated that there is a high risk of COVID-19 spreading to other countries around the world. On 11th March 2020, WHO declared COVID-19 a pandemic. (Rajkumar 2020, <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/technical-guidance/mental-health-and-covid-19>) Director-general of WHO, Dr.Tedros Adhanom Ghebreyesus said “This is not just a public health crisis, it is a crisis that will touch every sector” “So every sector and every individual must be involved in the fights.”

COVID-19 has affected psychosocial and economic. Owing to this India suffered from a massive mental health crisis due to uncertainty of disease, essential socially disruptive measures like lockdown and quarantine, stigma, unemployment, alcohol abuse, economic hardship, domestic violence and indebtedness. It affected most of the population but it disproportionately affected the poor, most vulnerable and marginalized groups. According to a survey conducted by the Indian Psychiatry Society, within a week of the start of the lockdown, the number of reported cases of mental illness in India had risen by 20%. This paper discussed about psychological consequences of lockdown and quarantine during COVID-19. <http://www.weforum.org/agenda/2020/05/indias-lockdown-ends-mental-health-crisis-beginn>

Psychological Consequences of Lockdown and Quarantine: Lockdown and quarantine have increased fear and anxiety in people. Due to lockdown has changed life style of people and they have to live with limited sources and this is big cause of anxiety, adjustment problem and aggression. People with mental health problem do not access proper medication and mental health care services due to lockdown and they face withdrawal symptoms. Withdrawal symptom is a big cause of suicidal ideation or attempts both.

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Dr A Jagadish, consultant psychiatrist at Abhaya Hospital in Bangalore, said that "A psychotic patient attempted suicide because they could not access the medication due to the lockdown. The sudden withdrawal of medicines caused resumption of their symptoms, including auditory hallucinations. The patient heard voices which were nudging them to resort to self-harm". Due to withdrawal symptoms a rickshaw driver in Nagpur set himself ablaze because he was unable to manage his alcohol withdrawal symptoms.

Loneliness is also creating anxiety and fear, which force to people for self-harm. During the lockdown many people feel loneliness because they are very far their family. For evidence Indian express news says- a 26years old girl studying in Ranchi killed herself because she was unable to go back to her parents' home during the lockdown.

Unemployment affects mental health During Lockdown:The national mental health survey in 2016 publicized that people from lowest income groups were the most vulnerable when it comes to mental disorders. Now in a pandemic, when they are also the economically worst-hit, most media-reported suicide deaths of migrant labourers resorting to self-harm out of financial desperation. Loss of jobs, pay cuts, and financial distress force to anxiety about daily and necessary needs such as food security etc. It also adds to their aggression because they can do nothing for themselves and their love ones as well fear about how they will fulfill their basic needs. Lockdown has made a huge section of our population unemployed and vulnerable to the point of contemplating self-harm. These days news and newspapers presented cases that people committed suicide due to loss of job and unemployment. Also it was seen that people committed suicide due to unemployment before the COVID-19. However lockdown has increased unemployment and suicide cases due to unemployment. Everyday news channels and newspaper shows suicide cases of migrants labors because they lost their job.

According to India.com news 20-year-old migrant labor from Assam, who was stuck in Surat city of Gujarat after losing his job due to the coronavirus lockdown committed suicide by hanging at a slum. <https://www.india.com/news/india/coronavirus-lockdown-20-year-old-labourer-from-assam-commits-suicide-in-surat-4034998/>

Psychological impact of Domestic Violence: The National Commission for Women (NCW) has raised an urgent alert about the increasing number of domestic violence cases since the national lockdown began. NCW has received 250 domestic violence complaints between March 25 and April 22. These were only the number of cases that reached them. Its well known that most cases are not reported and thus actual number would be higher. <https://www.hindustantimes.com/india-news/domestic-violence-during-covid-19-lockdown-emerges-as-serious-concern>.

Domestic violence involves a pattern of psychological, physical, sexual, financial and emotional abuse. <https://indianexpress.com/article/lifestyle/life-style/lockdown-rise-of-domestic-violence-how-to-tackle-situation-if-locked>

In addition, victims of domestic violence can face several physical and mental health difficulties such as risk of chronic disease, depression, sexual disorders, PTSD (post-

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traumatic stress disorder) and substance abuse. Cutting off from social support systems is one of the reasons for an increased risk of domestic violence during these times. As a result, there are fewer options to find safety or help for victims. Normally, the victim could escape a violent situation by staying elsewhere but that option is not available due to lockdown. Now days children also face domestic violence because these days' parents face increased stress levels, anxiety, job insecurity and financial difficulties which leads to aggression and frustration.

At this juncture, quarantine is also a matter of concern. Quarantine is defined as restricting the movement of normal people who may have been exposed to infected people. Quarantine also helps limit the spread of communicable diseases like COVID-19. Apart from this quarantine have increase negative psychological impacts, confusion, anger, fear, depression and post-traumatic stress symptoms due to contracting the illness, monotony, loneliness, loss of personal freedom, change in daily routine and lack of social togetherness. During quarantine most common condition comes in front of quarantine people that how people treat with them after their report will be positive because this disease is communicable and still remains without actual treatment. This kind of fear is true in these days, only not for the quarantine people, it is also face by the front line worker.

News present that front line workers and patients face social rejection face bywhom dealing with COVID-19 patients and the cured or suspected patients <https://www.weforum.org/agenda/2020/05/indias-lockdown-ends-mental-health-crisis-beginning/>. In many cities, healthcare workers, who are treating COVID-19 patients, have been forcefully evicted from their homes out of fear that they may be bringing the virus. People who tested positive are being shunned in apartment complexes by their resident associations. Suspected and confirmed patients suffer the most in feeling stigmatized by the community for carrying an infection that may unintentionally affect other people. Therefore they are unable to meet their family and love to remain in isolation which increases their suffering. Uncertain nature of disease, severity of infection and no guarantee for sure and effective treatment makes this disease more stigmatized. (Dubey, et al 2020)

Conclusion and Suggestion: COVID -19 has increase many hazards for everyone. This disease affected personal, social and economic life. COVID-19 has increase psychological consequences for people in community, patient and their family, health providers and front-line worker. Here government has to make good strategies to get rid of COVID-19 and psychological consequences. Because of COVID-19 psychological consequences increased and people harmed their life. Therefore government has to see both problems together. Again, these days health care system being overloaded and distressed, it needs to be ensured to prevent it from crumbling down through good strategies. Government should be strengthening health care system through increase of personnel, volunteers and equipment for health providers and patients. For psychological problems government should think more strategically because people are already facing many challenges in mental health care because lack of mental health facilities, people does not access mental health services due to stigma and lack of awareness. For psychological problem, government should set up support

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line for doubts about lockdown and quarantine during COVID-19 and clarification of misinformation, provide online counselling and tele counselling for those who face anxiety and fear due to lockdown& quarantine and also encourage for indoor exercise, routine yoga, meditation, music and stretching exercises for those currently in quarantine or under lockdown. Study and researches conducted on these issues could provide clear picture. Based on this outcome government can make good intervention for minimized long term psychological consequences.

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