

Mental Health and Covid-19 Situation

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Abstract: The main aim of mental hygiene- is to attain good mental health. Mental health is an important part of overall health and wellbeing. The beginning of mental hygiene- movement in the west may be traced to the first decade of the present Century. This paper is mainly focused on the mental health problems, causes and to create awareness among the people during the covid-19 situation. Secondly, it also discuss how we can cope with this stressful covid situation. This is a theoretical paper and data are collected from the secondary sources and descriptive method has been used.

Keywords: Covid-19, causes, health, mental, stress ways.

1. Introduction

Mental health is a science which deals with the process of is a lifelong process which begins in early childhood and continues till the death of an individual. Mental hygiene and mental health may be differentiated as means and ends. Mental hygiene is a means to mental health means in thereby that the main objective of mental hygiene is to attain mental health. So aim of mental hygiene as a whole to attaining mental health. Rivillin defined mental hygiene as the application of a body of hygienic information and technique culled from the sciences of Psychology, child Psychology, Education, sociology, psychiatry, Medicine and biology, for the purpose (a) the preservation and improvement of mental health of the individual and of the community and (b) for the prevention and cure of minor and major mental diseases and defects of mental, educational and social maladjustment” It is very difficult to trace the history of mental hygiene because no one has pointedly called its proponent. Mental hygiene was present in some form since the dawn of civilization. In India thousands of years ago there was Ayurveda system, which successfully treated mental disorders of different nature’s. But after coming of Britishers they had established their own system which is known as an Allopathic treatment. Thus the beginning of mental hygiene movement in the west may be traced to the first decade of the present country when Clifford Beers, a graduate of Yale University (England), being frustrated with his life attempted to commit suicide in the year 1908 by jumping from the roof of a building. But he was saved and treated for his mental illness. After recovery during his illness in a book entitled, “A Mind That Found Itself.” The book revolutionized the concept of mental illness and created awareness in general public for the necessity of mental health and created awareness in the general public for the necessity of mental hygiene. The first society for mental hygiene was

established 1908.

2. Goals of Mental Hygiene

1. *Realization of potentialities:* Individual develop his potentialities to the maximum
2. *Happiness:* To develop a positive attitude towards life and work
3. *Harmonious development:* Physical, mental and spiritual capacities of the individual so that he may properly adjust
4. *Effective existence:* To prepare the individual for effective existence in society. In this age people are fraught with many problems of adjustment (at school, society, home, job etc.)

A. Function

1) Training

First function of mental hygiene is to train mental health personal who can understand people’s psychological problem and can help them

2) Prevention

To prevent mental health problems and reduce mental health disorders

3) Cure of mental disorders

Programmes of counseling /psychotherapy may be developed for the group and individual as may help in curing the patients

4) Preservation

All people are not mentally disordered or ill one function of mental hygiene is to preserve and maintain their mental health through education programmes. In the sense of balanced personality, we can say that a mentally healthy person is firm in his intentions and is not disturbed by the strain and stress of life. It is a condition of personal and functioning with a maximum of effectiveness and satisfaction. Mental health involves positive feeling and attitudes toward the self and others. Their behavioral patterns are like a sense of responsibility, self-reliance, sense of direction and has a set of personal values. Ability to master his environment is the primary criterion of mental health.

What is good mental health?

Jacky Roy in his book of “A normal psychology” has given following conditions for good mental health.

- a) Good physical health
- b) Satisfying social relation
- c) A confidence on friends

- d) Personal worth (worth living)
- e) Insight in his actions
- f) Should have a sound philosophy of life, well adjusted

B. Causes of mental illness

Although the exact cause of most mental illnesses is not known, it is clear though some research that many these condition are caused by a combination of biological, psychological and environment factors

C. Biological factors

1. *Genetic*: Susceptibility is passed on families through genes .mental illness itself occurs from the interaction of multiple genes and other factors such as –stress, abuse or traumatic event.
2. *Infection*: certain infections have been linked to brain damage and the development of mental illness or worsening of its symptoms
3. *Brain defects or injury*: Defects in injury to certain areas of the brain have also been linked to some mental illnesses.
4. *Prenatal damage*: Some evidence suggests that a disruption of early fetal brain development or trauma that occurs at the time of birth. E.g. loss of oxygen to the brain.
5. *Other factors*: long time substance abuse, poor nutrition exposure of toxins etc. may lead in the development of mental illnesses.

Psychological factors that may contribute to the mental illness, which includes:

1. Severe psychological trauma suffered as a child, such as emotional, physical or sexual abuse.
2. An important early loss such as loss of parents
3. Neglect by the family, deprivation in home
4. Poor ability to relation to others
5. Mental deprivation
6. Institutionalization (separation from mother)
7. Faulty parents child relation

D. Environmental factors

Certain stressors can trigger an illness in a person who is susceptible to mental illness. These includes:-

1. Death or divorce in family
2. A dysfunctional family life
3. Feeling of inadequacy, low self-esteem, anxiety, anger or loneliness
4. Changing jobs or schools
5. Social, cultural expectations (e.g. eating disorder for beauty thinness)
6. Substances abuse by the person or persons parents
7. Physical handicapped
8. Physical deprivation
9. Malnutrition
10. Pollution (noise, air or weather conditions)

3. Mental Health and Covid -19

World health organization (W H O) described (covid as) fear

worry and are normal responses to perceived or real threats, and times when we are faced with uncertainty or unknown. So it is normal and understandable that people are experiencing fear in the context of the covid -19 pandemic. In this pandemic situation the significant change to our daily life as our movements are restricted in support of efforts to contain and slow down the spread of the virus. We faced with new realities of working from home, temporary unemployment, home schooling of students lack of physical contact with other, family members, friends and colleagues. So it is important that we look after our mental, as well as physical health. W H O is providing guidance and advice during this pandemic periods for the public to help us look after our mental health

Stress during an infection disease outbreak can something cause the following:-

- a) Fear and worry about your own health and you loved ones
- b) Change in sleep or eating pattern
- c) Difficulty in sleep or concentrating
- d) Worsening or chronic health problems
- e) Worsening mental health problem
- f) Increased use of tobacco, alcohol in case of some people.
- g) Increased mental stress (traumatic stress)
- h) Fear and anxiety can be overwhelming
- i) Personality disorder
- j) Depression (as risk for suicide)
- k) Obsessive compulsive disorder (unwanted taught)
- l) Schizophrenia (a long term mental disorder a faulty perception grow)

As everyone reacts differently to stressful situation. How you response to stress during the covid-19 can depend on your background, your social support from family or friends, your financial situation, your health and emotional background the community you live in and many others factors. The changes the can happen because of the covid-19 pandemic and the ways we try to contain the spread of the virus can affect any one.

People who are at higher risk for severe illness from covid-19

1. Older people (80%)
2. Children and teens (erased risk)
3. People of any age with certain underlying medical condition (long or heart disease, diabetes patient)
4. Frontline workers who works in food industry
5. Essential workers who works in food industry
6. People who have existing mental health problems
7. People who have lost their jobs had their work hours reduced or had other major changes to their employment. (who have financial crisis)
8. People who have disabilities or developmental delay
9. Who are socially isolated from others, who live alone
10. People experiencing homelessness.

4. Take Care of your Self and your Community

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress such as by providing social support, can also make your community stronger .during time

of increased social connections and care for their mental health, phone calls or video chats can help you and your love ones feel socially connected, less lonely or isolated. In this context we can consider the following ways. Following are the

Healthy ways to cope with stress

1. Know what to do if you are sick in covid-19, contact a health professional before any treatment
2. You know where and how to get treatment and support services
3. Take care of your emotional health and it will help you think clearly and react to the urgent needs to perfect yourself and your family
4. Take care of your body
5. Take deep breaths, stretch
6. Try to eat healthy, well balanced meals
7. Do Exercise regularly
8. Get plenty sleep
9. Connect with others, talk with people you trust
10. Avoid excessive alcohol
11. Make time unwind, try to do some other activity what you enjoy
12. Consider connecting online, through social media by phone or mail
13. Know the facts to help reduce stress
14. Stopping the spread of rumors can help you reduce the stress and stigma

WHO Director General remarked in this issue in march/20, which will help you to fight covid-19, if you get it.

- a) Eat health and notorious diet
- b) Limit your alcohol and avoid sugary drink

- c) Do not smoke if you infected
- d) Do exercise, recommends 30 minutes for adult and one hour for children
- e) Look after your mental health, if you feel stressed then listen to music, read a book or play a game.
- f) Try not to read or watch too much news.

5. Conclusion

Mental health is an important part overall health and wellbeing. It affect how we think, feel and act it may also affect how we handle stress, relate to others and make choices during an emergency. People with pre-existing mental health conditions or substance use disorder may be particularly vulnerable in an emergency. Mental health conditions such as depression, anxiety, bipolar disorder or schizophrenia affect a person's thinking, feeling mood or behavior in a way that influences their ability to relate to others and function each day. Be aware of new or worsening system. If you think you have new or worse systems call your health care provider if it gets for several days then connect with a skilled trained counsellor of covid-19 patients in your local area. Preventing measures till to date, vaccination, wearing mask, maintain social distance and sanitization are important for covid-19.

“Stay home stay safe”

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