

*Survey on-
Effects of **COVID-19** on Mental Health
among Indian Adults.
June, 2020.*

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Introduction of the Survey-

COVID-19, an infectious virus has drastically shaken up the entire world since its emergence. This virus has spread globally, affecting the physical health, mental health and economy.

We were initially unaware about its adverse effects but after our respected PM Shri. Narendra Modi imposed a strict lockdown, we became more serious and concerned about this pandemic.

In the initial weeks, we enjoyed the relaxation, but as the weeks passed, most of us are fed up with such routine, experiencing lethargy, anger outbursts, quarrels, aloofness, withdrawal tendencies and binging on social media.

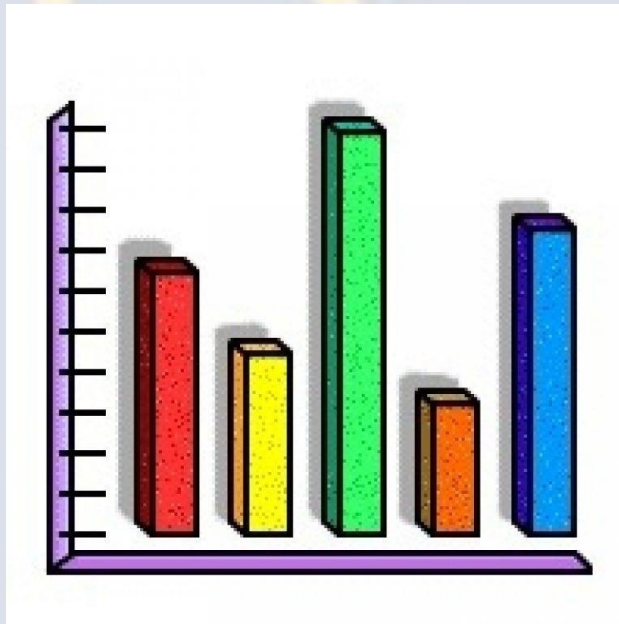
Many of us are working from home and are eagerly waiting for the lockdown to end so as to return to work physically.

This pandemic has caused adverse effects on one's mental health. One can approach a mental health professional if they have fallen prey to any symptoms because-

“Resolving the unresolved” is always better.

Need of the Survey-

As a mental health professional, I was curious to know about the ill effects of COVID-19 on our mental health. This survey helped me to understand whether people are experiencing stress, anxiety, frustration, lethargy and many more. Through your kind support and participation, I was able to find interventions for developing our overall mental health during this lockdown.



Structure of the Survey-

- There were a total of **30 questions** in the Google survey form tapping **various components of mental health** such as..... stress, anxiety, depression, frustration, interest level, sleep pattern and so on.
- The total population of **248 Indian adults** is further categorized as-

WOMEN-

- Women students.
- Women working.
- Women non-working.
- Women geriatric.

MEN-

- Men students.
- Men working.
- Men geriatric.



Methodology of the Survey -

PARTICIPANTS: The population for this survey was **248 Indian adults** of age group 18 years and above from various metropolitan cities like Mumbai, Thane, Pune, Delhi, Hyderabad, Lucknow and so on. We even received responses from second and third tier cities like Sangli, Dhule, Aurangabad. The population was found to be from a middle class background.

CONTROL VARIABLES- The sample size required a few control variables to ensure the significance of data that was obtained. The sample was restricted to the **adult population of India**. The administrator kept an account of the participant's **proficiency in English language and honesty level** while responding to the survey form.

Methodology of the Survey -

PROCEDURE- The survey administrator conducted the survey through Google forms which included 30 questions and a demographic detail sheet. The survey form was circulated through various sources of social media. Few contributors were personally called for sharing their responses and experiences. The responses given were scored by **a self-made scoring key** along with computerized excel sheets. Lastly, the respective data was statistically interpreted with **bar graphs**. **Some specific data has been kept confidential.**

SAMPLE SIZE-

Total Sample Size: 248 Indian adults.

Total Women Sample Size: 143 Indian adults.

Total Men Sample Size: 105 Indian adults.



Analysis- Students (Women and Men)

1. Surprisingly, the students or youngsters are most adversely affected by the pandemic of COVID-19.

2. The pandemic has adversely affected the stress, anxiety, frustration, depression levels and sleep pattern of the Students or youngsters.

3. As they are unable to attend colleges, they are feeling socially isolated and are experiencing feelings of withdrawal.



Analysis- Students (Women and Men)

4. Youngsters, specifically at the initial or final stage of their education are tremendously worried about their future educational and professional career. Due to lack of clarity in the educational system, they are feeling helpless and hopeless about their bleak future.

5. Students are found to be adversely affected in all the categories of mental health analyzed in this survey, than the working, non-working and geriatric women and men.



Analysis – Non- working Women

1. Overall effect of COVID-19 on mental health of Non-working Women is observed to be better than Working Women in almost all categories.



2. It is observed that many of the non-working women engage themselves in various social activities, gatherings, kitty parties, visiting exhibitions, movies, beauty parlor, leisure walks and other cultural and social hobbies, as they have surplus time for socializing. During COVID-19 all such activities are put on hold and hence they are missing such active socialization. This has resulted in increased lethargy, helplessness and social isolation levels.

3. Non- working Women are worried about future finance in comparison to Working Women. This may be because they are dependent on their husbands for finance. However, they are equally concerned about monthly expenses and loan repayments.

Analysis- Working Men

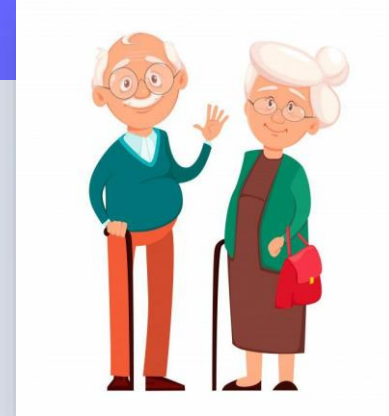
1. Overall effect of COVID-19 on mental health of Working Men is generally seen to be at par with Working Women. However, they are seen to be balancing their stress, frustration, depression and hopelessness levels in a better way.

2. They are less stressful than Working Woman as the latter are experiencing double responsibilities at home in the absence of domestic help.

3. The Working Men are also victim to higher concern levels regarding future prospects of their professional career. Few may be having risk of job loss, demotion, reduction in salary, opportunity loss and many more.



Analysis- Geriatric (Women and Men)



1. Overall effect of COVID-19 on geriatric women is observed to be lower in comparison with working and non-working women. However, such effect is observed to be further low in the case of geriatric men than in geriatric women.

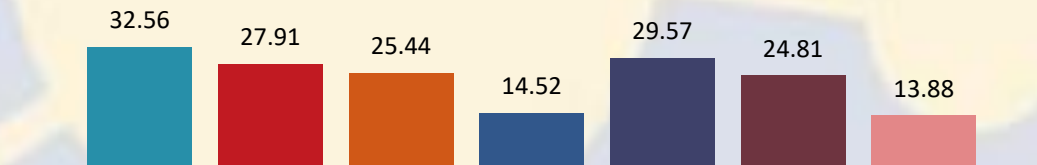
2. Both geriatric women and men have generally attained the level of satisfaction in their life with respect to fulfillment of their professional, family and social responsibilities. They have also observed adverse calamities in their life and hence, are better experienced to cope with COVID-19. They are observed to be more balanced, contained and fearless as they have attained the level of satisfaction beyond the materialistic world.

3. After speaking with some of these geriatric women and men, it was learnt and understood that many of them have experienced adverse situations in their life such as demise of near ones or spouse, physical health issues, difficult situations in professional, social career and problems about the upbringing of their children due to which they are more neutral about the negative impact of the COVID-19 pandemic.

Statistical Analysis-

1- Overall Effect of Covid-19.

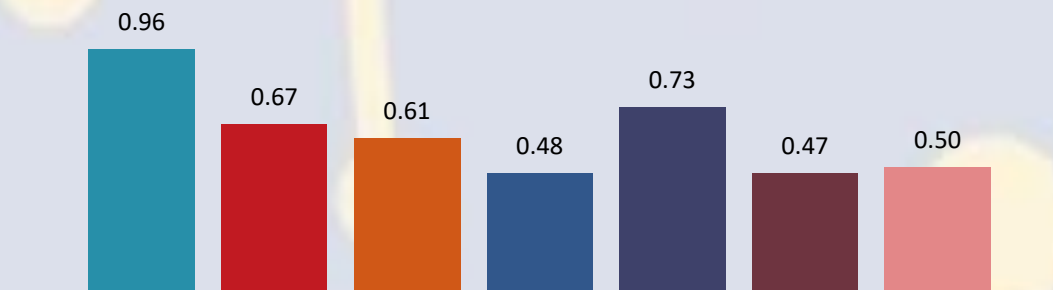
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■ men student ■ men working ■ men geriatric



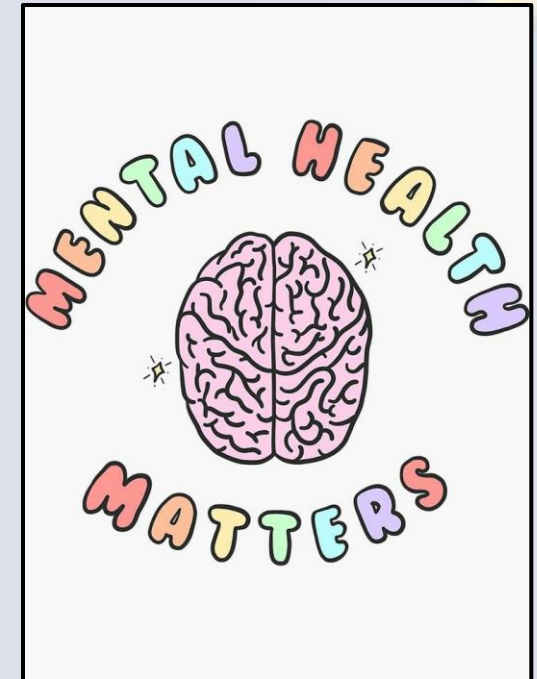
Higher the score Higher the adverse impact

2- Overall Effect on Mental Health.

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■ men student ■ men working ■ men geriatric



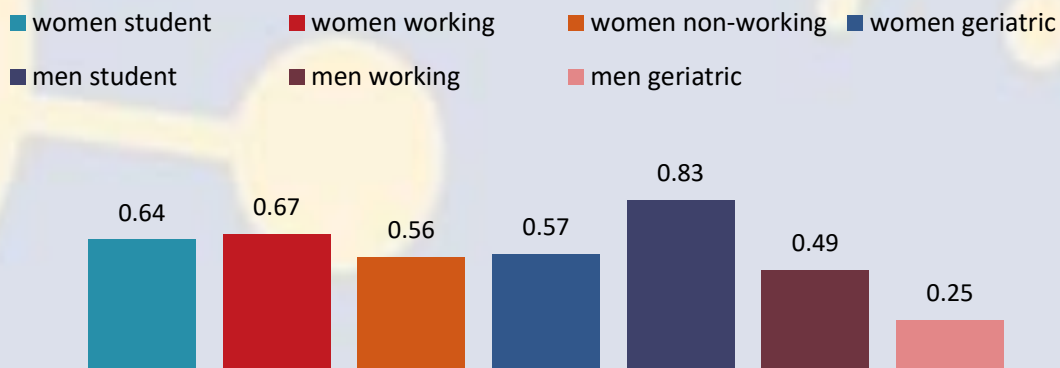
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Statistical Analysis-

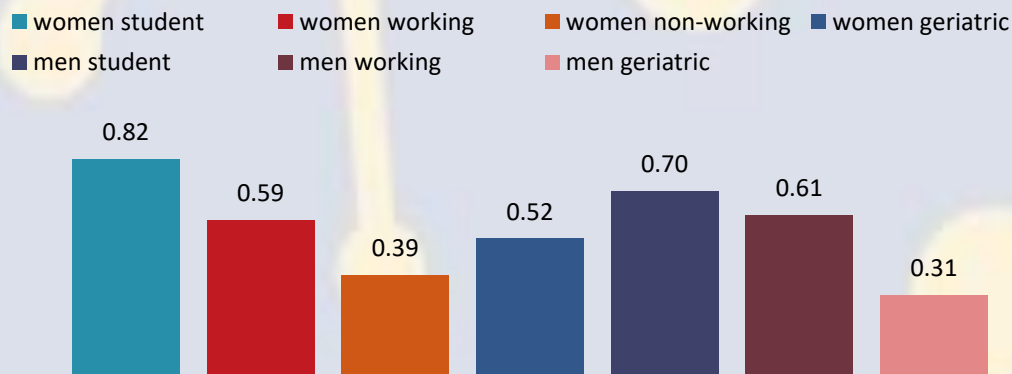


3- Overall Effect on Stress Level.



Higher the score Higher the adverse impact

4- Overall Effect on Anxiety Level.

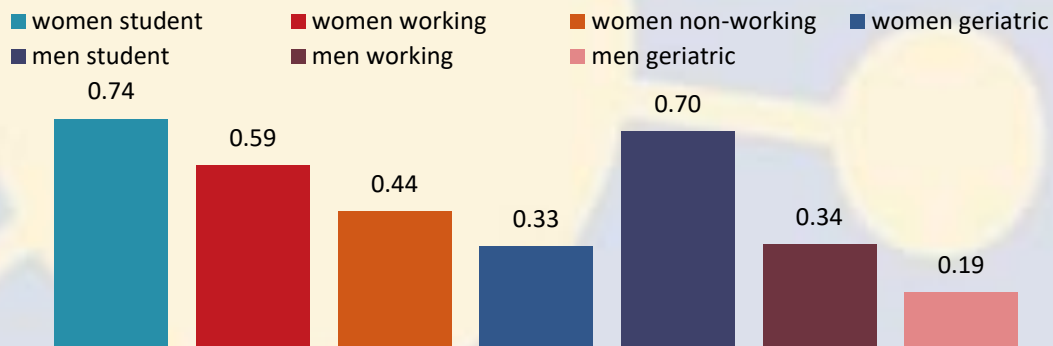


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Statistical Analysis-

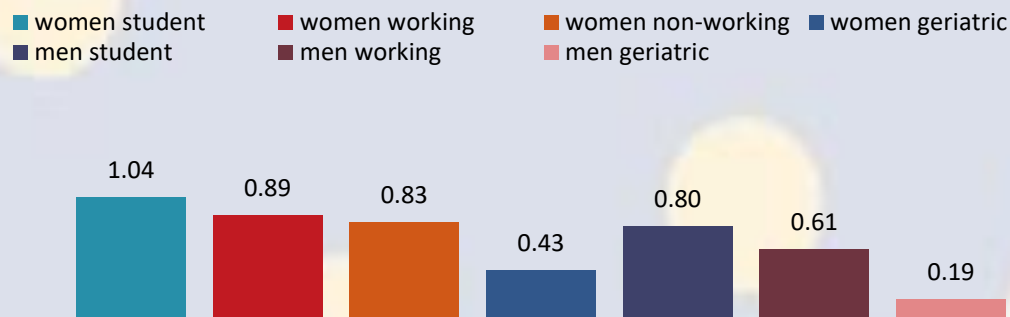
5- Overall Effect on Depression Level.



Higher the score Higher the adverse impact



6- Overall Effect on Frustration Level

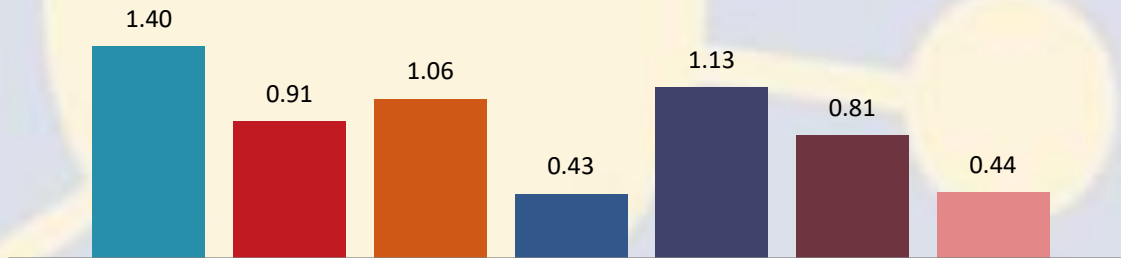


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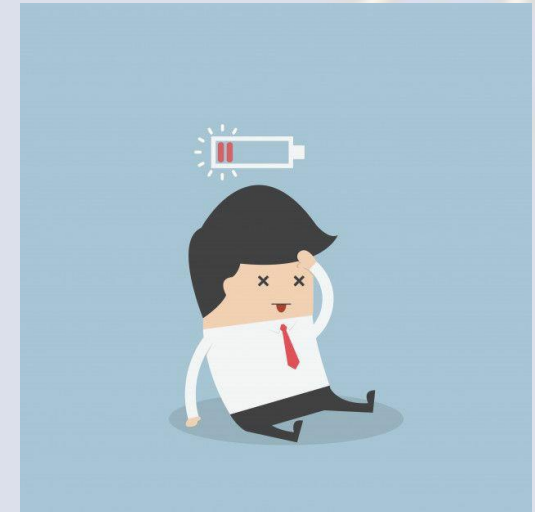
Statistical Analysis-

7 - Overall Effect on Lethargy Level.

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■ men student ■ men working ■ men geriatric

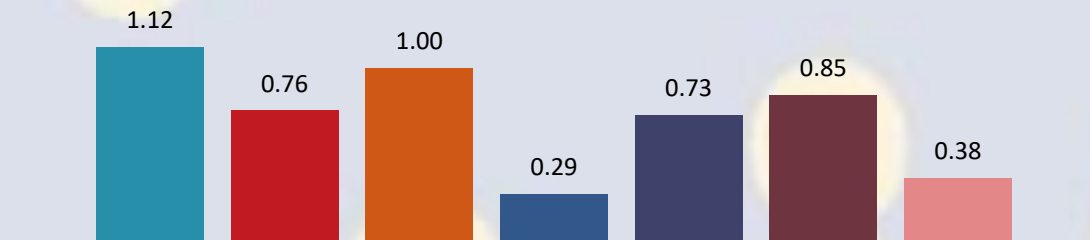


Higher the score Higher the adverse impact



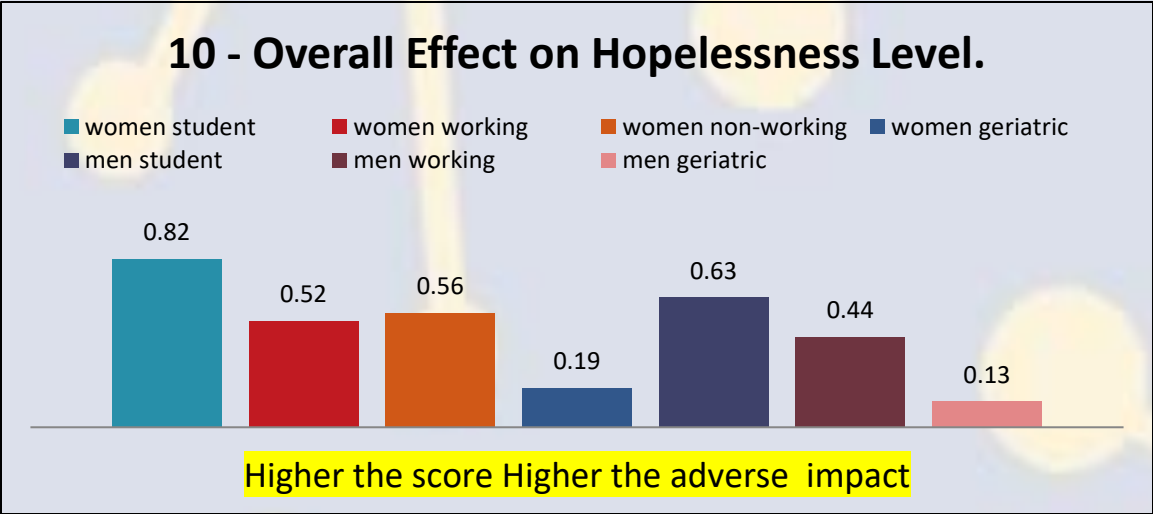
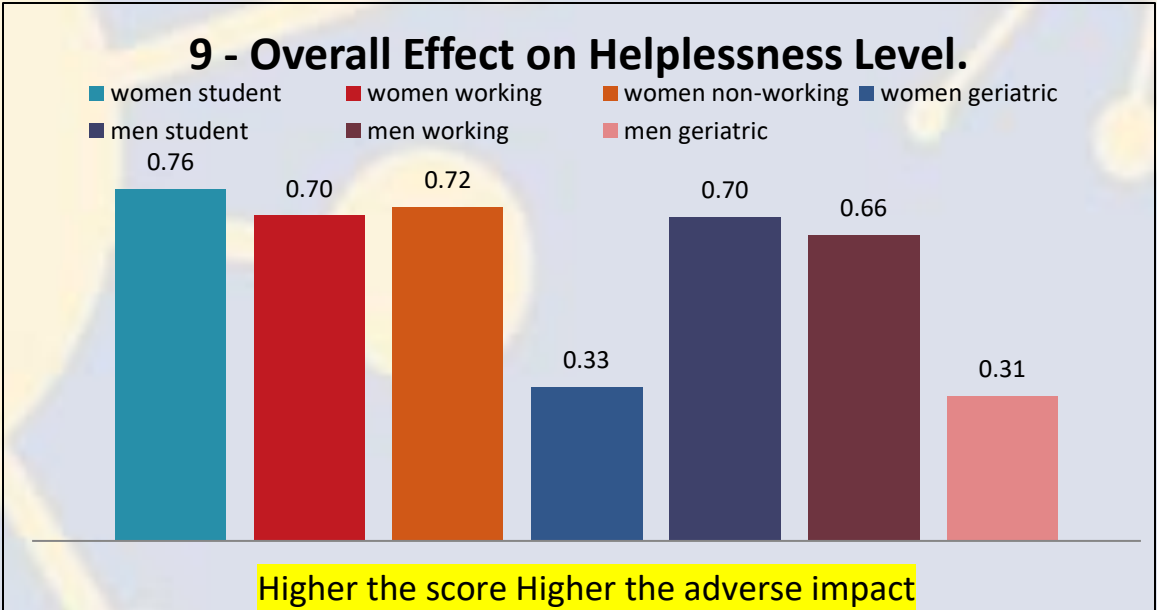
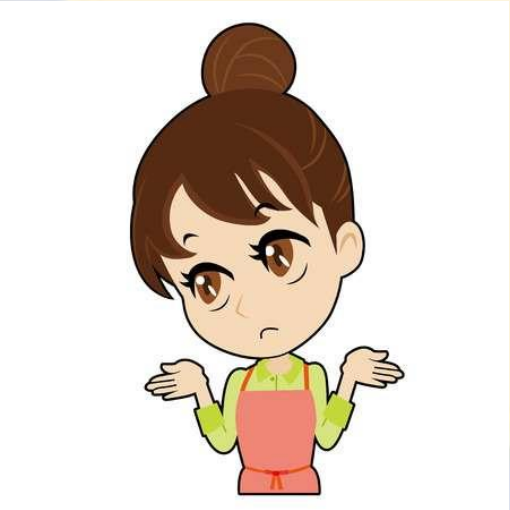
8 - Overall Effect on Social Isolation Level.

■ women student ■ women working ■ women non-working
■ women geriatric ■ men student ■ men working



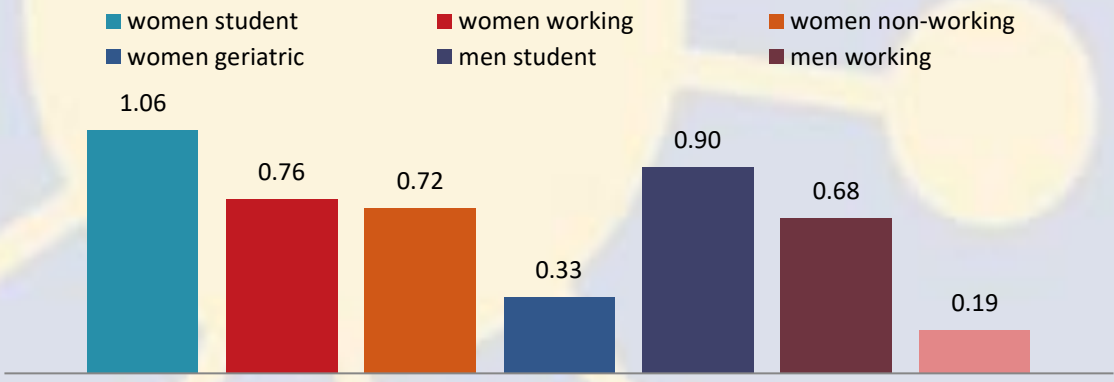
Higher the score Higher the adverse impact

Statistical Analysis-



Statistical Analysis-

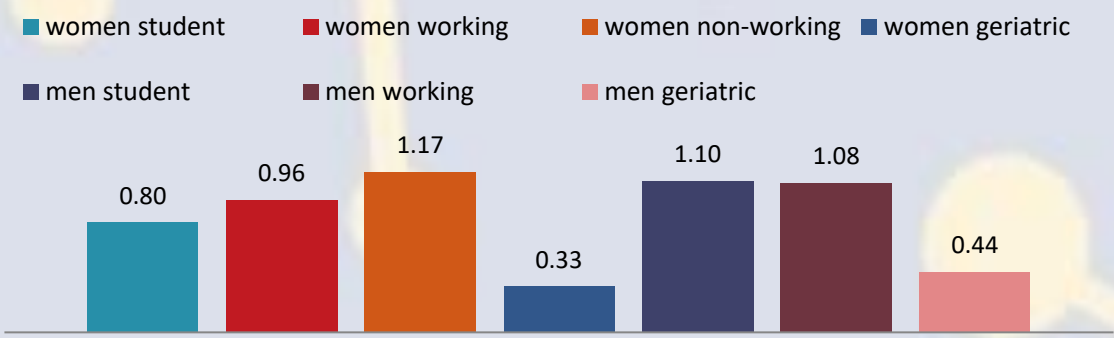
11- Overall Effect on Interest Level.



Higher the score Higher the adverse impact



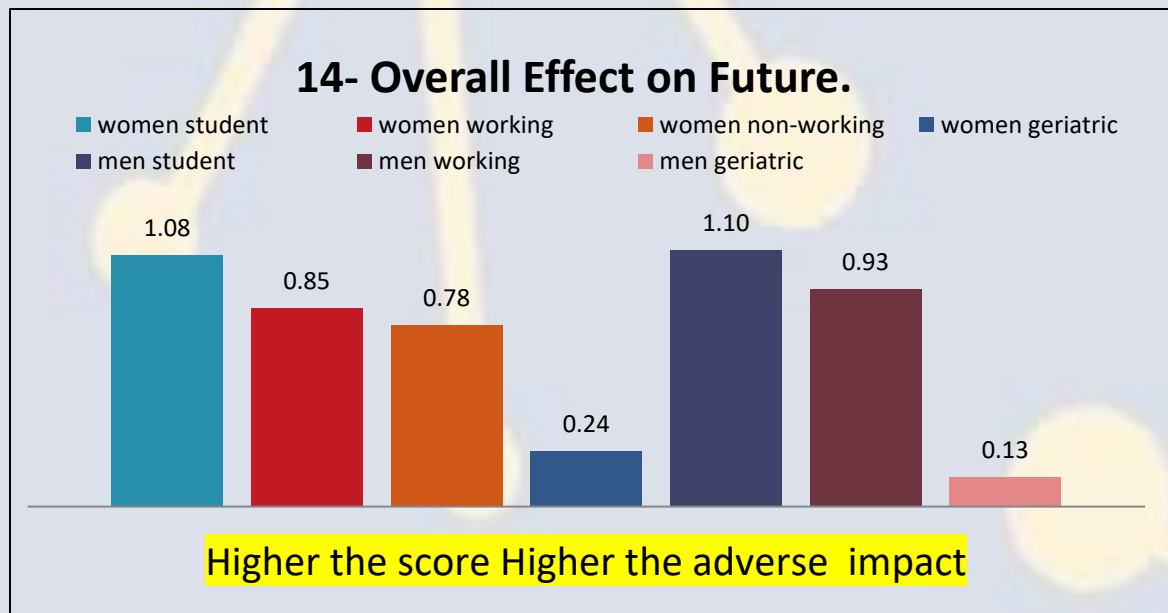
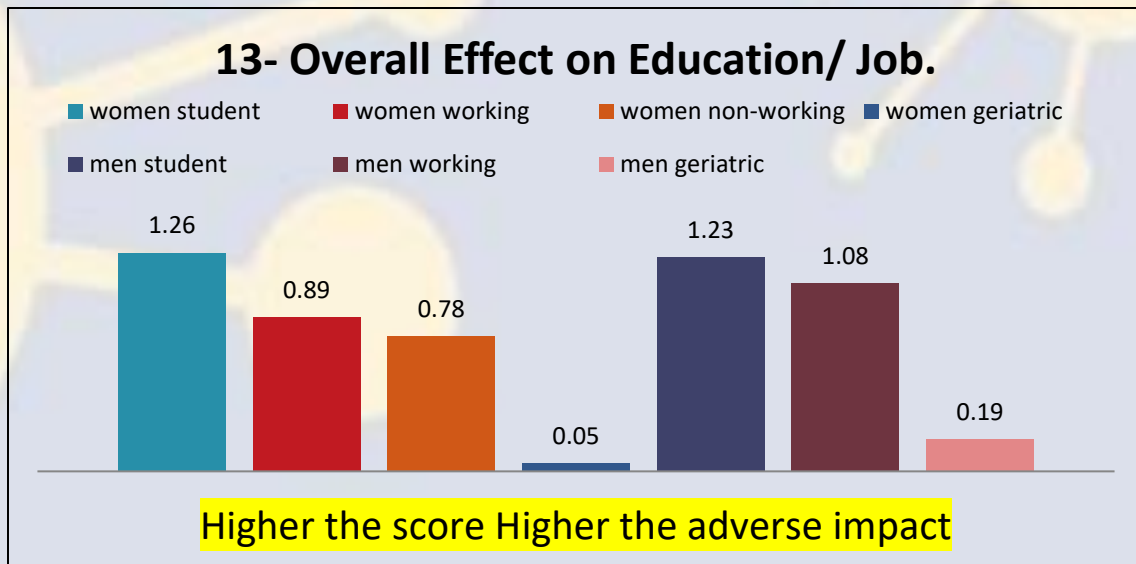
12 - Overall Effect on Finance.



Higher the score Higher the adverse impact



Statistical Analysis-



Other Observations- Eating habits

- 1.Many are seen to be craving for unnecessary consumption of food. So, there is an increased amount of consumption of food without any proper nutrition and is thus building up unnecessary calories.
- 2.Many are trying variety of food items and recipes as a tongue twister and are sharing those pictures on social media getting a pinch of motivation to prepare more such recipes.
- 3.Appreciation from family members, extended family members and others adds to the Happiness Quotient in the chef of the home.
4. Through certain questions, it has been observed that many are consuming food items like fried items, wafers or chips, chaat items and cold drinks instead of consuming a nutritional meal and plenty of water.



Other Observations- Sleep pattern

1. As we all are at home and free, we tend to spend more time on entertaining ourselves by watching TV, surfing the internet, binging on TV shows due to closure of colleges, coaching classes, examinations and so on.

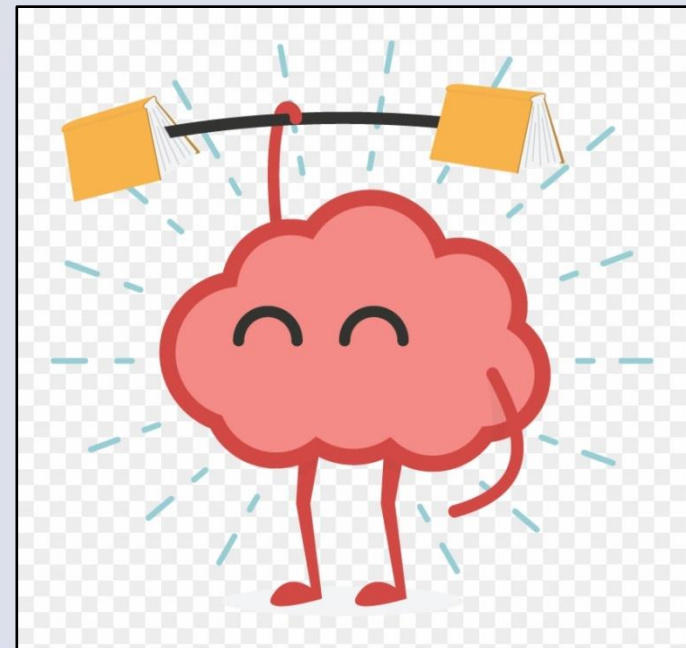
2. The sleep pattern of many is observed to be disturbed during lockdown. Many of us seem to be spending more time on social media, playing games and watching Netflix or You Tube or movies late in the night causing a late deep sleep.

3. After interacting with many people, it is learnt and understood that due to an afternoon nap, people have problems in experiencing deep sleep during the night.



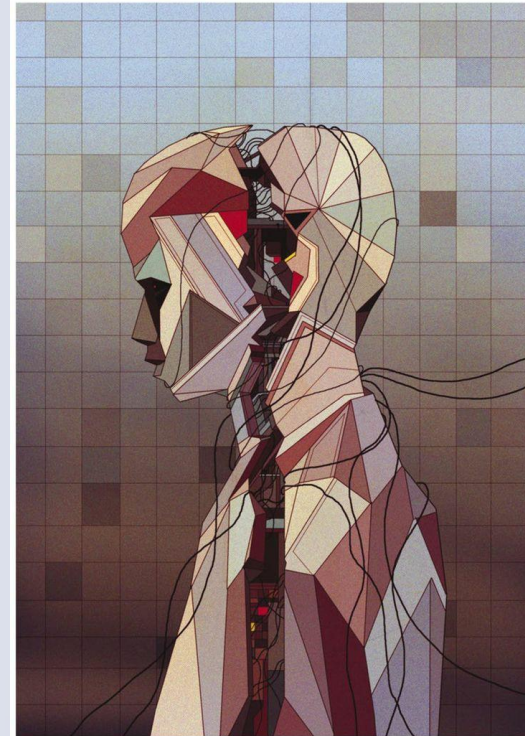
Other Observations- Exercise and Meditation

1. As we are at home and sitting idle on the sofa, we are gaining weight and increasing the risk of medical conditions like obesity, hypertension, diabetes and more.
2. Such inactivity has led to frustration, tension, stress and an attitude of lethargy and boredom amongst most of us.
3. Many of us aren't practicing meditation which helps in calming our mental state and managing our emotions and accepting the situation.



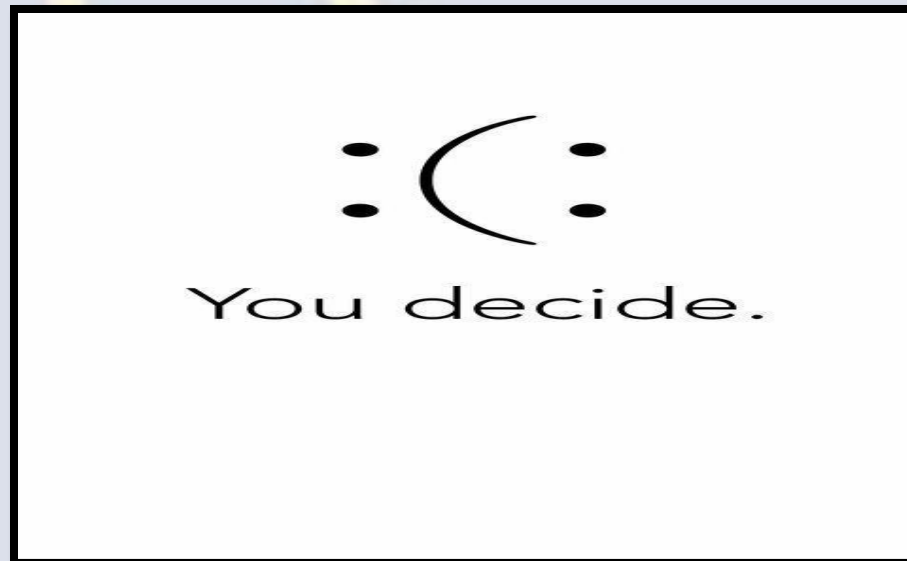
Other Observations- Social life

1. As there is a closure of colleges, coaching classes, parks, gardens, social gathering places, social work areas and offices, people tend to miss the company of their friends, co-workers and are eagerly waiting to meet them and resume to normality soon.
2. Life has become more virtual than actual. Virtual life is never real.
3. People have started to live in a virtual world and virtual life than the actual one- a happening life. And it is seen that, we all are missing the real life.
4. As we have been told to follow strict social distancing physically, it is observed that in some cases people have also started mentally distancing from people in a way.



Other observations- Consultation

1. Out of the total 248 Indian adults, only 6 adults confirmed about consultation of a mental health professional during the lockdown.
2. Going to a psychologist or a psychotherapist when you are feeling sad or overwhelmed should be as normal as going to a Doctor or a Physician when you have a flu or other illness.



A BETTER YOU!!

1. Intake of warm water will keep you hydrated and maintain body temperature and functioning.
2. Intake of turmeric milk with a mixture of turmeric, warm milk and sugar will help improve immunity. One can add dry fruits for boosting energy.
3. Intake of turmeric tea with a mixture of ginger, turmeric, lemon and honey paste in warm water will help in having a clear throat.
4. Intake of citrus fruits and dry fruits will give you more fiber.
5. Have a nutritional meal.



A better YOU!!

6. Daily exercise and meditation along with a healthy sleep pattern will help maintain a balance between the mind and body.
7. Maintaining social distance.
8. Connect with others through cell phones, emails and video calls.
9. Help your family members and care for their mental health.
10. Consult a mental health professional without any hesitation.



Acknowledgement-

I am grateful to my parents for their love, care, motivation and support for helping me develop this extensive survey into a success. I am very thankful to my younger sister Ruta for her kind help, support and contribution to complete my survey. Finally, my thanks and warm regards go to all those who have supported me by participating in this survey and helped to complete my survey analysis.



THANK YOU..



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