

Psychological Health Valuation of Adults in the Present Covid-19 Situation

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ABSTRACT

The Covid 19 pandemic affects many elements of a person's life negatively. This reduced concern and considered the major problems that people – especially adolescents and young adults – are experiencing. In this regard, the study examined young adults' mental health by looking at the relationship between welfare and several psychological characteristics, such as loneliness, suppression of mind, common anxiety, flexibility, and self-worth. A total of 134 young people (45 men and 89 women) aged 18 to 25 were recruited for the study by purposeful sampling. Information collection Questionnaires are used. The measurement measurements were the Rosenberg personality Scale, UCLA isolation Scale edition 3 and the Coping Capacity Questionnaire. The information was analysed by means of the coefficient of Pearson correlation and a z-test to determine results for various genres. In Pairson's product time correlation test, the above psychological features were linked to well-being. Self-esteem, well-being, resilience and well-being were found to be moderately good. All had a negative association between general anxiety and well being, solitude and wellbeing, and suppression of thought and wellbeing. The results of the Z-test showed no significant differences in psychological variable scores among men and women, meaning that the whole community felt a sense of harmony in difficult times regardless of gender. The gladness of the sample was 7.95 (ranging from 0 to 20), which was very low.

Keywords: covid-19, psychological health, loneliness

I. INTRODUCTION

Self-esteem explains how an individual can live his or her life. Frederick says a person's overall assessment is self-esteem (1965). Even when he said that anyone with a strong sense of self-esteem sees value in themselves, he kept saying that a person who has high self-esteem thinks it's worth it. Self-esteem is defined as an estimation of a person's self-respect, independence and faith and, more importantly, the happiness or unhappiness of Gress and the Sedikides. He pretends he is certain (2003). Adjustment to adulthood also means adapting to new societal standards and needs, and to new work and tasks. Adult life is unique as soon as it gets, but it is also one of the harshest stages of life. Adjustments should take place as an adult, and a more experienced source may feel as if it is asking for help. People will only accept assistance from others if they think that it can be handled on its own. People aged 17 to 23 are less depressed and stressed, according to a study, if they have high self-esteem and strong group self-esteem. A second study looked at Facebook.com and young adults' stupor and self-esteem on the social networking site. Increased narcissism and low self-esteem were correlated with increased online and promotion activities on the internet, according to the study. A younger age at which loneliness has become a part of low self-esteem has now and then been identified. A path analysis was completed to examine the effects of shyness and solitude on each other. Shyness had a direct impact on health, which in turn had an impact on self-esteem and mood. Styness, loneliness and self-worth in the final model were connected by a channel.

Anxiety is defined as an emotion marked by feelings of tension, anxious thoughts and changes in the body like increased blood pressure by the American Psychological Association. Nervousness patients often have intrusive thoughts and anxieties and often avoid disturbing conditions. Fear is described as an enduring and excessive condition of concern or suffering even if a stressor is not present. The current Covid-19 makes people quarantine themselves, and frequent locking has made them completely dormant, leading to superfluous thoughts, anxieties and anxieties because of the insecurity in almost every part of their life. Adults and people of all ages experience GAD, wrath or anguish, sleeplessness, nausea, fatigue and other symptoms.

Inactivity and a lack of social relations with other social figures lead to over-and unnecessary scenarios that have already created uncertain conditions in the environment, which lead to great fear and have a negative effect on the well-being of the individual.

The WHO defines well-being as "a state of full physical, mental and social well-being, rather than just the lack of a disease or a disability." All components of psychological well-being include positive relationships with the environment, self-control and autonomy, a sense of purpose and meaning in life and personal development and development. It is achieved by creating an equilibrium condition influenced by hard and rewarding events in life. Adolescents and young adults can struggle with a lack of physical exposure in social environments to build their identities into the given scenario. This identity vs. role conflict, which eventually affects psychological well-being, is causing unrest. Furthermore, because of the pandemic constraints, many physical activities that could assist them in obtaining a sense of balance in their lives are missing in this age group. A study identified the connection between emotions and the extent to which teenagers take part in sports and other vigorous leisure activities. The results showed that hard work had a positive effect on the emotional state. According to another US survey, several young people report that social media can help them discover association, support and motivation throughout the times of despair, stress or anxiety. They argue that it helps them maintain a healthy mental balance. This shows that young adults, even in the middle of the pandemic, seek comfort in the virtual world to feel connected, and try in some ways to put up their character in this virtual communal situation. The anxiety and expectancy of a virus that can affect them and their environment and the uncertainty of being put in quarantine are another key factor in the welfare of young adults. According to a survey that attempt to evaluate the information, approach, concern and perceived need for mental health of the young Indian populations during Covid-19 pandemic, the subject had a reasonable level of the information about the Covid-19 disease and an plenty information about its defensive aspect. The reactions of people to Covid-19 demonstrated their willingness to accept quarantine instructions by the government and social distance. The problems with sleep, the concerns regarding Covid-19 and social media have been described, respectively, by 15.6%, 38.5%, and 37.8%. The demand for mental health was perceived to be over 80%, which means that people are eager for psychological well-being.

The state of loneliness or loneliness is known. It describes the bad emotions when a person does not fulfill his social demands. Loneliness and isolation are two words that affect the well being and mental health of an individual. Sole is defined as "social pain," a psychological process that leads people to social relationships. There are several reasons for loneliness, including social, psychological and environmental problems. The death of someone important in one's life can exacerbate solitude. For example, the disengagement of friends and families in the Covid-19 circumstances resulted in loneliness. Chronic solitude is a word used to describe long-lasting feelings of solitude. Reduced energy, noise and/or lack of attention, insomnia, sleep interruption or other sleep problems, decreased appetite, self-doubt sensations, hopelessness, or lack of value, fears and unrest, drug abuse and an increased desire to watch films or shows can all contribute to this problem being alone has a variety of adverse effects on the physical and also mental health, such as alcohol and pharmacological abuse, brain impairment and the development of Alzheimer's diseases.

Antisocial behaviour, heart strokes and other heart disease, learning inadequate and memory, desperation and suicide, high stress and unfortunate decisions are all linked to antisocial behaviour. Long-term emotions of loneliness and social isolation may affect cognitive ability, such as focus, decision making, problem solving, and even the ability to alter disadvantages, which can all help to make things worse. Consequently, there has been a lack of social relationships and alienation in quarantine, causing feelings of solitude and isolation.

The act of consciously trying to clear one's thoughts is known as the suppression of thought (24). Thought suppression is known as a deliberate attempt to avoid thinking about something. According to more than two decades of experimental research, this method of mental control can succeed for a short period. However, the method is also the opposite of the desired result, and not only unnecessary.

Individuals adhere to denial and consciously try to ignore the seriousness of the situation, taking into account the new problems facing societies, as though nothing was out of order. However, this approach to dealing with concerns is not an option.

According to a study by Lia Kvavilashvili, and James A.K. Erskine, rum and trait anxiety were found to be the most powerful predictors of thought suppression in samples. In addition, adolescent participant had extensively higher scores than older adolescent, but when anxiety and rumination in the elderly adults were controlled, this age difference disappeared. The threat posed by the epidemic was perceived subjectively. On the other hand, the overall consensus is quite strong. This problem is serious and causes anxiety, leading to more suppression of thought.

In light of today's situation, young adults and teenagers face problems like job losses, not being productive, unable to concentrate and losing a sense of purpose in life. These are stimuli that cause fear and enable an individual to control his or her thinking and live a regular life.

Resilience is defined as 'the ability to recover or rebound from hardship, disagreement, failure and positive actions, development and increased the liability; 'the' stable course of good work after a highly negative occurrence; 'and' the ability to rebound from adversity Two major aims are addressed by intervention activities: 1. reducing risk factors that reduce or block

growth in resilience and 2. fostering and enhancing resilience in children and early youth. This results in powerful agents that seriously impede a person's resistance in spite of actions, circumstances or situations such as the present Covid-19 pandemic. The complex period presents the idea of unpredictability and undermines our former sense of routine. Unknowing what will happen is very damaging to your mental health, whether good or terrible, and reduces your ability to rebound, as the element of predictability and predictability is lacking. In particular, adolescents and early adults are using poor coping methods, such as abuse of substances. Getting into a substance's wrath can bring immediate satisfaction, but it is harmful in the long term.

A. Hurst and N. Terrier found that young people have a more socially supportive resilient approach in a 2002 study called "Psychological resilience of younger and older persons." With poor views of general health and low energy levels regardless of age, low levels of resilience were predicted. A low desperacy score also indicated increased resilience in young adults. In today's world, however, social separation is encouraged by the emergence of virtual public media platform, and particularly through an epidemic. Social support is a hard asset for younger adults and their feeling of resilience is therefore poor. Immune-affected individuals are also aware of the virus' effects and suspect even minor health concerns, leading to considerable anxiety.

In a 2006 survey by the impact of positive school and recreation experiences, the importance of free time and schools for fostering resiliency is stated. Given the pandemic, schools have moved to online platforms and lost many of their core functions, such as socialisation with peers, physics, etc. Thus, schools and colleges cannot play a key role in development of the resilience of a child or an early teenager. However, they do participate in activities they enjoy and acquire new and diverse interests because they have so much free time. Due to the improvement of technology, we now have access to a variety of courses, programmers and learning opportunities, which soon become the basis for resilience support in early youth and children.

Despite all the difficult conditions facing us, one aspect is unavoidable: flexibility. Flexibility. Everyone can adapt to his or her environment in the best way.

II. METHODOLOGY

Data Collection and Sampling:

Data from samples has been obtained in this investigation using a purposeful sampling approach. The specimen was further split into sub-groups of men and women.

To collect data from individuals, the following criteria were used:

1. Individuals must have been between the ages of 18 and 30.
2. People in large towns.
3. Locations where people have had corona virus infections over the past five months and where strict government lockdowns have been imposed.
4. Easy Internet access, social media and regular news access.
5. People working at home or taking online lessons at home.

Criteria for exclusion: Individuals have been disqualified on this basis:

1. They are not from 18 to 30 years of age.
2. In the past five months, the corona virus has been experienced by him/her or her family members.
3. Do not have access to the Internet, social networks or daily news.
4. Emergency workers and all types of medical services.
5. Suffers a severe medical or emotional disorder.

The figures were collected by a total of 134 people and divided into two subgroups of 89 girls and 45 men.

Everything Information:

Among the factors obtained from participants were self-confidence, being alone, nervousness, suppression of thinking and wellbeing.

Initially, a data collection plan was developed to provide basic participant information. All of the information needed for the study was requested on schedule for age, gender, socioeconomic background, education level, brief history and additional information.

Self-esteem has been measured using the Self-Esteem scale of Rosenberg with an internal stability of 0.84 and alpha coefficients of 0.823 to 0.93. To determine aloneness, the UCLA Lonesomeness Scale version 4 was used. The inner consistency is between 0.89 and 0.94. For the evaluation of anxiety, the GAD (Generalized Anxiety Disorder-7 item scale) has an internal consistency of 0, 89. To assess resilience, the Coping Competence Questionnaire has a reliability range of .64 to .79. The WBSI

(White Bear Suppression Inventory) was used to assess suppression of thinking with an internal consistency of .87 to .89. Last, the PGI Well Being Scale was employed for well-being and test reliability with the K.R. 23 formula was reported to be 0.99.

III. RESULT

Six characteristics were examined in this study for the mental health measurement of young adults: health, loneliness, suppression of thinking, GAD, resilience and self-esteem. To acquire data from the sample, questionnaire tools were used. Pearson's Product Moment Correlation and the z-test be the two tests used to analyse the figures statistically. In the Pearson Product Moment Test, all linked to happiness were soleness, thought abolition, general anxiety disorder (GAD), resilience and self-esteem.

Score Z

Variable	Z-Score
self-worth	0.837234900847202
Well-Being	0.44
Loneliness	1.36
GAD	1.29
Resilience	1.08
Supression of Thought	1.61

Correlation

Variable	Correlation
Self-Esteem & Well-Being	0.516
GAD & Well-Being	-0.37
Loneliness & Well-Being	-0.27
Resilience & Well-Being	0.31
Supression of Thought & Well-Being	-0.34

The association between self-Esteem and well-being was 0.50 positive, and the balance between resilience and well-being was 0.28 positive, moderate. There was a negative relationship between general anxiety disorder and welfare, a negative moderate one of 0.37 between sole and welfare, and a moderate one of 0.32 between suppression of thought and welfare. The Z-test outcomes were 0.84 for self-esteem, 0.42 for good health, 1.32 for loneliness, 1.21 for general anxiety disorder, 0.09 for resilience and 1.30 for thought suppression, all of which are of little importance.

IV. SUGGESTIONS & DISCUSSION

After the arithmetical analysis of data collected, the overall level of wellbeing of the youth in the community showed 7.95 (range 0-20) during the Covid-19 pandemic. Individual well-being is a difficult subject that is critical to the country's progress, especially for young adults. If citizens of a country are not happy and mentally healthy, their feelings of distress, dysfunctionality, danger and ineffectiveness are negatively affected. The overall development of a country is assessed by its disgusting domestic product index, but this is changing slowly, as experts advocate measuring GNH or Gross National happiness in a particular country (UN, Sustainable Development Agency). As mentioned above, well-being is a complex variable that does not just include the absence of a certain medical condition (WHO). In addition, the combined nature of their mental health continues to increase in difficult times such as this epidemic, when the mental health of people is constantly tested because of the uncertainties they experience.

Social media development can be responsible for the rise in mood disorders and suicides among adolescents and young adults (Mental Health Issues on the Rise amongst Adolescents). However, something more difficult to the consciousness of this vulnerable population, the global pandemic, currently challenging social media. This limitation applies to everybody, particularly to these young, fresh and vibrant people.

When comparing mean values of the variables evaluated by gender in this study, it becomes apparent that men have higher rates of thought removal and solitude, which are supported by the low rates of resilience and coping agencies, resulting in reduced well-being. This could be because younger men have become targets for social media and video games, and because the "alpha male" of the family makes all the choices that make them feel alienated from the family organization. The increased pressure may also lead people to work harder to maintain their jobs in the aftermath of the global pandemic.

In comparison with men, women gained higher levels of anxiety. It might be responsible for chemical imbalances and diverse hormonal activities. During the entire life of a woman, hormonal changes related to anxiety are linked to reproductive events. In addition to biological factors, women and men seem to experience and respond differently to stressful situations in their lives. Women are more susceptible to stress that can make them more anxious. Furthermore, men and women employ distinct coping mechanisms in the face of stressful events. Confronted with life pressures, women are more likely to ruminate about themselves, which can exacerbate anxiety, while men tend to cope with problems in an active way. Women are more likely than men to be physically with mentally abused and violence has been connected to the expansion of nervousness disorders, according to other studies. In this Covid pandemic, women's labour has increased, with a sequestered lifestyle. The terrible circumstances are generic to their high anxiety levels, as they are biologically more susceptible to stress, compared to human beings. On the other hand, differences between men and women in these variables were not statistically significant. This suggests that, regardless of gender, the pandemic had an impact on the mental health of the whole young adult population.

Erik Erikson identified this period of transition from adolescence to young adulthood as a phase where people face a struggle known as identity vs. role confusion in his famous theory of human psychosocial growth. According to this assumption, young people mature, while they are constantly monitored by their surroundings, try to take more responsibilities in their lives. People are at this point extremely puzzled and can't recognise their true self. At this point, the most typical question children have is, "Who am I?" They often do not answer, and they are very distressed. Through the construction of activities that will help people advance their career, people are constantly seeking their own identity. Teenagers and young adults in this period don't want someone else to base their identity. They expect their independence to be taken seriously and recognised. However, this belief is challenged when a person assesses his or her successes and roles in life. It is almost impossible to imagine being completely independent and free at 18-22, since most young adults graduate and work hard to find their way to work. Most young adults don't know who they are and what their lives are. It's a time in life when people are troubled, worried about their future, open to new ideas and learn about new livelihoods. These young adults, therefore, are extremely vulnerable to mental disruption and need to be continuously monitored. (British Columbia Division of the Canadian Mental Health Association). This pandemic has just brought the mental health borders of the vulnerable population to a close. These young adults have become more inclined to suicide because they have to stay away from each other, are not allowed to leave and to socialise with others and other severe constraints. Their discomfort has increased and their productivity reduced, endangering them from an existential crisis.

Young adults are at the height of their lives, and their decisions are the basis, if not their entire lives, of their professional careers. Branching off the monotony of school life and becoming a competitive world may seem exciting, but stress overwhelms their highly functioning thoughts full of hopes and ideas once faced with challenges and uncertainties. Every individual's peak has taken an unexpected turn with the Global Pandemic on board. Although this online way of operation is gradually adapted, the loss of access to traditional facilities and activities is particularly detrimental to this demographic. Because of the recession and difficult epidemic travel facilities, many students were forced to sacrifice their professional aspirations. The misunderstanding of "what will happen in the coming months" or "how long will this irregularity persist", "what is to be done" and what have important consequences for the mental health of these people. As mentioned above, these people are extremely concerned about their work and they face various internal conflicts on a continuous basis. However, they may undertake constructive activities to distract themselves in normal conditions from these painful ideas. It gave them not only something to do but also a sense of achievement and established them. Staying at home with limited activities, on the other hand, gives young minds a sense of unproductivity that encourages them to dwell on fearful and concerned ideas about their future.

Young adults have a stronger relationship with their everyday work than the rest of the population and have a greater tendency to become more effective with people in their own group. This helps you to cope with your problems. They are involved in the catharsis process. When you articulate your ideas, you can clarify the dark parts of life. Becoming can sometimes make things more hazy because the person does not know where to draw a line. But this is not the case when you unburden your thoughts with friends or loved ones. In most young adults, a powerful eye-opener is able to think about what is being stated.

Socializing and leaving can also help you develop new ideas. You have the chance to reach new places, experience new things and enjoy life. But all these dreams are seemingly impossible now because of the pandemic, because they have effectively stolen 'life' from these young adults and have reluctantly enrolled them into a unitary pattern of life, which promotes negative ideas, reduces effectiveness and prevents optimistic attitudes.

Apart from negative ideas, the failure to go, get together, and travel around the outside world leads the young adults to retirement/anti-social arrangements and to apathy. This leads to a rise in solitude and suppression of thinking in young adults after the correlation results were measured in the current study.

Since solitude and suppression of thought are inversely linked to a person's well being, the total mental health for these young adults is considered very poor.

But there is an important comment: in spite of their difficulties, the level of anxiety and self-esteem of these people is not as low as expected.

This could be explained fundamentally by the fact that people recognise that virtually all people in the world suffer simultaneously. This helps people keep their balance and trust in themselves and their talents. In addition, because they live in a severe environment that causes anxiety, people have used their coping mechanisms immediately and spontaneously to respond to the stresses and thus reduced their anxiety. On the other hand, coping techniques could be advantageous or harmful. The indicators of poor coping include lying in bed all day, breaking the daily pattern, sleeping extra tirelessly or tiredly, completely dismissing the seriousness of the problem and being over-friendly. New interests or the development of old people are evidence of good coping, participation in spare time actions, the expenses of quality moment with the family members and other things. This second method of lowering anxiety levels is highly effective and recommended. First only suppresses worrying thoughts, and these disturbing thoughts are often experienced in symbolic forms like tongue slips, bad dreams, and so on. In the long term, it reduces a person's well-being to suppress fear-provoking ideas.

V. CONCLUSION

In conclusion, it is important to note that young adults in the population enjoy alarmingly low general well-being, and the epidemic has been only a catalyst for this. Confusion causes discomfort in their minds and has a negative influence on their overall health. Identity vs. role Confusion insecurity about life, a lack of communal hold up, predictable lifestyle and the incapacity of trying new things have all helped increase loneliness and suppression of thought and fear among these young adults, which have jeopardised our future's mental health.

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