

Pandemic –A Stressful Chapter in Everyone’s Life.!

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Abstract - Pandemic in such an unplanned crisis for which no one had planned cover for. It has made friends behave like foes. People’s mindset has changed a lot during this pandemic. Different aspects are affected ranging from high to low. On personal front, feelings care and emotions which was at backseat earlier are fast moving life has gained importance. Protection of family has become utmost necessary. So, people protect them self with the precautions and guidelines given to them.

On spiritual front, people have left no stone unturned to prevent and protect themselves and their families from the worst effect of pandemic. God exist! Which was not believed by many has made them bow down to the Almighty. As always karma plays an important role but prayers have the power of miracles. Though we could not visit temples personally our inhouse mandir, and our own inner self was the place for devotion and belief.

In the history of today there was nothing which closed the doors of worship. But this pandemic has some with superpowers which created distance between man and God.

On financial front, the course of pandemic is so strong that, it taught what money means and what role saving has in our life. It was a myth that money can buy everything which was broken by pandemic. To the contrary it was money which saved many lives and people were able to maintain their Roti, Kapda, Makaan. On Global front, we all were facing global warming and its side effects but pandemic lockdown was like a boon on the environmental health. Global environmental changes which led to threat of sustainability were healed to a certain level. Though on monetary front the global economy was highly effective but on multiple fronts it leads to positive effects which were now next to impossible.

However getting back to normal will either retain the changes cultivate new challenges. Therefore various behavioral changes, environmental changes, global changes, believes economical changes has made man more realistic health-conscious, emotional, money saver but also led to anger, mood swing, fear, depressive, negative thinking etc.

So this pandemic has both positive and negative effects which have left no one affected.

Index Terms - multitasking, realistic, unplanned, savings, prayers, boon, curse.

INTRODUCTION

Pandemic has been very neutral in terms of its effect. It has left no stone unturned to show how powerful it is. Take any caste of people, any religion, any level of richness; it has affected everyone in one way or the other. Pandemic came and conquered with a very strong business strategy. Take it personal front, spiritual front, financial front or the global front it has given a demo to every community, person in one way or another.

There is a 360 degree change in the total quality of life. Major changes have taken place and affected the work life balance. This has resulted into depression, anxiety, misconceptions.

During lockdown clinical depression was 9.31%. 23.21 % experienced a relapse of depression. 8.96% of cases without the previous history manifested their first depressive episode. Beliefs in conspiracy theory were widely prevalent, based on misconception. Maladaptive copying mechanism. (Tus. 2021)

The multitasking covid-19 has led to increase in social distancing, considering and supposing everyone as a carrier of virus and therefore personal relations were affected. Loneliness, financial responsibilities, unemployment have worsened the mental balance of humans. The healthcare workers were managing double level of stress and risking their life with every single case. The patients were the second-most stressed group. Meditation, prayers played a very important role in relaxing, which increased the spiritual content human being.

Though financial aspect was the most crucial one, it also had two sides of the coin, at times it played the main role but at times it has taken a backseat when things were not in our control. The new normal has come with a ray of hope with different financial policies and planning’s for the betterment of world as

whole. Global markets are opening, trades have started, and people are recovering from the shocks and becoming more realistic by adopting the new normal.

LITERATURE REVIEW

1. In his article he measured the mental health of patients and (HCWs) healthcare workers who played a very important part in fighting covid-19. He studied of psychological trends between patience and HCWs on PSS10 and DASS21, covering all suspected/confirmed individuals and health workers at a territory care center and then follow up after 14 days.

He found that age group of 41 to 50 with respiratory tract symptoms and those who were home isolated experienced a greater tendency of mental health problem. However (HCWs) experience higher level of stress, anxiety and depression.

This concluded that HCWs had a significant mental health Burden. Due to high degree of uncertainty associated with novel pathogens. (Parchani, 2021)

2. The focus of the study was mental health of students amidst the new normal of education. He used DASS21, which has depression, anxiety and stress scale, which mainly considered their academic performance. In his study he found more than half of respondents suffering from moderate or extremely severe levels of depression, stress and anxiety. But on the contrary it did not affect student's academic performance. He also discovered that students were able to maintain their higher academic performance. Tus. (2021)

Further in his another journal, he focused on parental involvement and student's academic success. Every family living condition was affected. This resulted in implementation of new normal of education, online learning modalities. With 493 participants he investigated the relationship between parental involvement and student's academic performance. This concluded that parents were still in the process of developing their involvement in school, but still the students performed well in class with a satisfactory mean score.

3. The main aspects of the paper were depression, distress and suicidal thoughts in the general population during the lockdown with a high prevalence of belief in conspiracy theory. For the development of

depression, general health status, previous history of depression, self-harm, family responsibility, economic change and age acted as risk factors while keeping daily routine, religiousness/spirituality and belief in conspiracy theories were acting as protective factors. The large response of people let to this finding, which was laid out properly with post stratification of the study sample. (I.ToniaLE, 2021)

4. This paper assessed society's belief and public interest in religion/spirituality during pandemic. Religion, spirituality, covid-19 and non-communicable diseases were queried from Google trend for 5 years. Cumulative normalized search volumes were compared with each other for every year. This showed clear relationship between covid-19 and R/S in 2020. One way ANOVA with two tailed t-test was performed. The global trend showed that all time highest R/S search frequency happened during 2020. R/S and covid-19 search exhibit a strong correlation in 2020 that cannot be seen in any other years, other diseases search during pandemic experienced a significant decrease after WHO declared covid-19 a pandemic.

This hint more towards an increased public interest in spirituality or reinforcement of previous beliefs rather than drastic change of public opinion about religion. This also helped them overcome fear of death. It hints that intense suffering on societies can push people towards religion instead of acting as antagonist in their beliefs. This can help policy makers to re-plan mental health policy planning and service development during and after pandemic. (Ahangar 1, April 2021)

5. According to author covid-19 lockdown has many stressors and buffers which played an important role. Depression, fatigue, sleep disturbance played the role of stressors. Feeling isolated lonely, stresses, bored, fatigue were also predictive. Internet head positive and negative effect, but Facebook had negative effect. To the contrary, the buffers were spirituality and meditation, exercise, WFH and other home activities. But there need to be many other finding with reference to relationship between touch deprivation and negative mood stress. Touch deprivation was not significantly correlated with worries about finances, although it was correlated with worries about getting the virus. Not much is listed in lockdown literature about spirituality and meditation. There was milestone increase in level

of spirituality. It leads to reduced depression. (Tiffany Field, 2021)

6. Pandemic has affected each and every aspect of our life, but the most affected was the financial aspect, which plays a very important role in every corner of our life. Household finances were deeply affected during pandemic. The article focuses on the stresses related to pandemic on household finances. It evaluates either transitory or permanent shocks that both the practice of financial planning and client financial concerns. It resulted in two changes in practices and client concerns, as a result of pandemic were outlined. At global level there is an unprecedented level of stress related to changes in health, the economic in USA. The financial planners help the household to be ready for such financial shock. Therefore, while health concerns appear to be the major cause of stress for families, concerns over the economic and political discussion have compounded stress levels. (Jonathan fox, 2020).

OBJECTIVES

To find out the impact of pandemic considering the various aspect affecting her life.

Analyzing the fluctuations in relationships, social responsibility, work life balance, quality of life.

Scrutinizing the behavioral modification of general public towards their fertility and wellbeing.

Measuring the ups and downs, mood swings affected mental health and its consequences on future and present.

Level of depression, anxiety, loneliness, quarantine, social distance, which differed from person to person.

Versatility and validity which pursued at every stage of lockdown and unlocking.

Self-awareness and government-initiated campaigns for effective or not.

Whether the pandemic was a boon or course.

Designing various cope mechanisms and settled with the new normal.

Financial planning with balance mental health for better future.

CAUSES OF STRESS DURING PANDEMIC

The ongoing disaster cannot be summed up in few causes yet there are some initial causes which led to

the emergence of covid-19 virus and pandemic which has one common factor affecting every nook and corner i.e. Stress. Let's see some of the causes.

The virus is a hazard, when it is exposed to vulnerable population. This hazard has become a risk which is extensive, global and transnational by nature. This has led to consistency in morality, overwhelming stress affecting health, economy and social system at large.

This pandemic was unfolding itself with ongoing time, creating uncertainty, unpredictable events, and some myths and misconceptions of fate and divine power. This was a pandemic because the world as a whole is facing a set of similar social and economic processes leading to hazards and disasters.

More the exposure, vulnerability and morality lead to greater risk of pandemic, international travel human displacements, area surrounding them where it is crowded or dense slums, public transports were social distancing was highly impossible.

Various types of occupations involve close contact; this increases the risk of getting affected. The health care workers, Asymptomatic people, were prone to imposed risk. Government's social distancing policies were not adopted by a certain group of civilians and this worked against the various strategies for overcoming virus.

The lower level of immunity was also a main cause. This made the situation more vulnerable. On the other hand money played an important role for getting treatments which was not affordable by all. Some pandemics are relatable to genetics, aging but this pandemic has no age bar or genetics criteria.

On the other hand there was corruption, inequality, lack of access to source of health, sanitization, quarantine etc.

Two policies contradict with other, affecting the common man. The health care policy focused on health first, and financial and economic policy was bound to maintain the economy. This led to various social and economic loss and slower economic growth. Both the policies come with their sets of risks. This affected informal workers, migrants, homeless people etc.

SUGGESTIONS AND FINDINGS

However, the loss and damage cannot be regained at a massive level; we need to unpack the economic loss

carefully as this may convert into a greater loss for future.

As India hits the highest record of vaccination the probability of mortality or vulnerability has ceased to an extent. Still the under-laying uncertainty has all possibilities.

Awareness is the key to dealing with such situations, simple steps help to remain stress free or a lower level of stress.

During the study it was found that mental abilities are highly impacted. Creativity and innovation are synchronized. Everyone has engaged and limited themselves to mobile, other techno equipment.

The serious challenge to gripping the pandemic condition, which is daunting the present national and international systems, needs careful unlocking.

The contagious risk can be reduced with organized, competent and supportive social and political structure. The longer durability of such policies and structure can combat the risk of virus.

Pandemic is a change agent which has positive form if the risk drivers are addressed up to the mark and can take a negative form if other factors overpower the new normal policies.

People have to be more responsible by following simple steps of safety engaging in creative activities, meditating, yoga etc anything which has recreational effect.

Positive attitude will attract positive vibes, positive surroundings, positive thoughts etc leading to an overall positive output which will contribute total positivity.

The virtual mode of learning, working, studying has set up all new ways of learning employment dealing with people etc. An individual is exposed to more technology updates which have made their work easier. A child needs his friend virtually at least, learns new concept etc. even the older ones who are reluctant to techno gadgets are becoming techno friendly.

The government should set up policies which lead to more and more self-employment. More schemes, scholarships, venture capital, courses need to be framed in accordance with the changes, and the new normal.

The hospitality, tourism and education industry needs to consider while preparing for the new normal.

Government companies were very effective as a result of free vaccinations we have combated the higher risk involved with virus.

Still we need to focus on fostering a stable mental health, decreasing depression level, anxiety attacks. This is a big challenge for individual and world as a whole.

CONCLUSION

The pandemic is an unprecedented health crisis and has great impact on wellbeing. Navigating this new normal has raised mental health issues, rigidity towards coping with new ways of economic and social structure. Feeling bored, loneliness, risk affected with the “new” changes are all threat to new normal.

Consequently, we need to join hands for the betterment of each other in all ways possible. This crisis or the pandemic chapter was very stressful, but we are coping with it.

The new normal has penetrated but will have to take baby steps to meet the economic and social timelines. Relaxation, in varied facets needs to be implemented for boosting. The state of readiness to activate new knowledge and scales, designing new platforms for performance and adopting it will not be a piece of cake.

One thing is clear, we are about to turn to a new chapter i.e. new normal, but the stressful chapter of pandemic has revived, new roots, new rules and a whole new outlook for better quality of life.

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