

Anxiety in Corona Virus Anxiety

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Abstract-

The anxiety concerns in society are globally affecting every individual to variable extents. Recent evidence suggests that individual who are kept in isolation and Quarantine experience significant distress in the form of anxiety, anger and confusion. Sharon George manager health safety and wellbeing at Australia says, "The lockdown with long periods of isolation, uncertainty and anxiety could affect body -mind to a great extent. According to Indian psychiatry society. "The number of mental health cases including anxiety and depression has risen 20% since the lockdown was first announced. It was an online study of Moradabad urban area on employed persons. Participants would access by internet. Purpose was study of general anxiety attitude and confidence about work of employed person in pandemic situation. Total 49 participants in our study were educated and employed but their personal anxiety level found 60% and work anxiety level 61% recorded. Work confidence and help support level found above 50%. They are more aware to this infection and taken possible prevention. They understand the importance of social distancing. But they also facing challenges during this period such as social distancing and maintain daily routine. Despite of we point out that helping nature and behavior developing in society pupil help each other in this pandemic such as mask distribution, soap distribution and taking care habits of self Physical health and family members are developing in pandemic situation.

Key Word- Anxiety, Corona Virus,

The corona virus disease 2019 pandemic is very stressful for people. Fear and anxiety about a new disease and what could happen can overwhelming and cause strong emotions in adults and children. Public Health action such as social distancing can make people feel isolated and lonely and can increase the stress and anxiety during in situation because of the health own and your loved ones, financial loss, lack of social support mental health problem and change in sleeping and eating patterns. Every one reacts differently in this situation. Anxiety depends on your background your social support financial situation. Your community you live your emotional health many other factors.

According to Indian psychiatry society. "The number of mental health cases including anxiety and depression has risen 20% since the lockdown was first announced. Dr. Mohan Isaac a renowned Indian psychiatrist share his opinion on how covid 19 is impacting people mentally."

There are two types main problem right now that trigger anxiety people. Loneliness and fear of death. The virus thus creates a pandemic of anxiety and depression. The losses incurred in small businesses restaurant along with the lay Off. All as result of lockdown imposed by government has led to many cases of anxiety depression and in extreme case of suicide.

Sharon George manager health safety and wellbeing at Australia Newzeland banking group Bangalore says, "The lockdown with long periods of isolation uncertainty and anxiety could affect body -mind to a great extent the anxiety and concerns in society are globally affecting every individual to variable extents. Recent evidence suggests that individual who are kept in isolation and Quarantine experience significant distress in the form of anxiety, anger and confusion. The knowledge and attitude of public are expected to a large and influence the degree of other adherence to personal protective measures and

ultimately the clinical outcomes his it is important to study the dominants in Indian population.

Purpose of study-

Study of general anxiety attitude and confidence about work of employed person in pandemic situation.

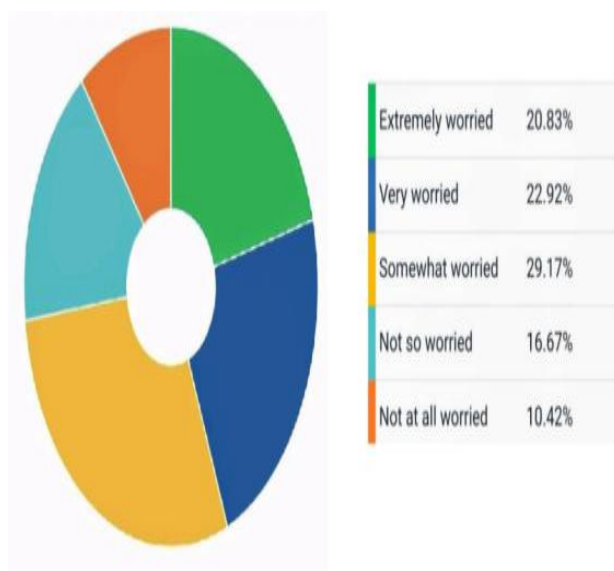
Material and method

It was an online study of Moradabad urban area on employed persons. Participants would access by internet. Online prepared template used to collect data. Total 49 participant taking part in the study form date 20.05. 2020to date 7.06.2020. The link was sent through What’s App group, email and face book on receiving and clicking the link the participate filled information and submit online to sender. Analysis of the result is below.

Analysis of result

Online survey study related to anxiety attitude and confidence of person during Corona pandemic. 49 response recorded. all participants employed aged above 35. As result showing general anxiety about Corona pandemic attitude and confidence in Corona pandemic.

Figure no.1



As Fig.1 showing 22.92% people found very worried about pandemic , 29.17% average worried and 20.83% people extermly worried but 16.67 people not so worried and 10.42 % not worried about this situation.

Fig.no.2

work anxiety

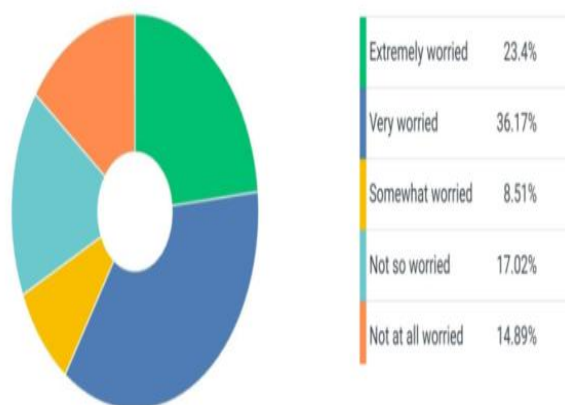


Fig.no.2 showing result work anxiety in pandemic caronavirus.36.17% people very worried, 23.04% people extermly worried and 8.5% average worried about their work but 17.02% not so worried and 14.89% not worried about their work.

Fig.no..3 Three main challenges in pandemic

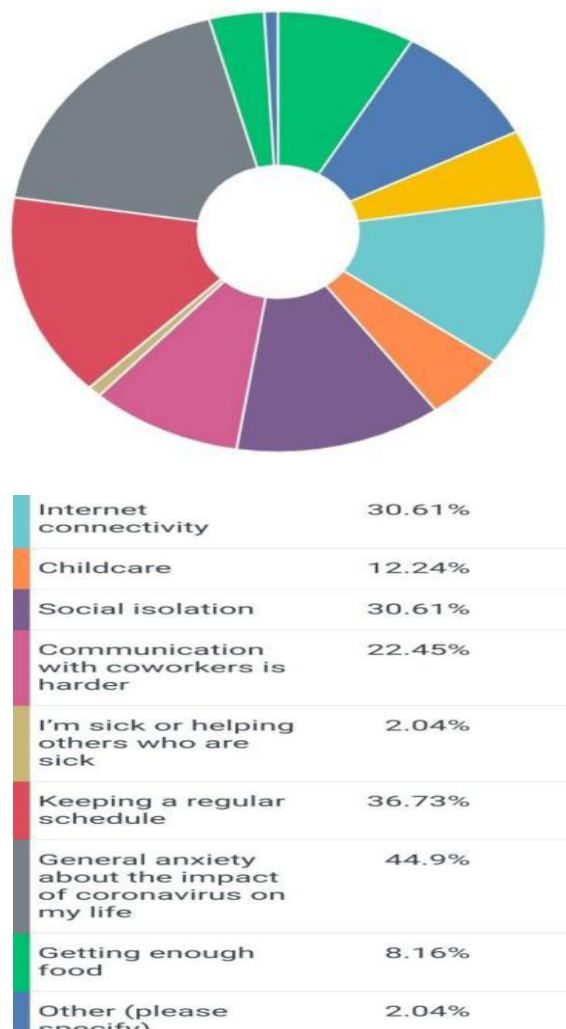


Figure no.3 showing in first 44.9% people felt general anxiety about the impact of covid-19, next 36.7 % did not keep regular schedule of daily routine and third challenge 30.1% felt social isolation and internet connectivity problem.

Fig.no.4.how long not bear this situation

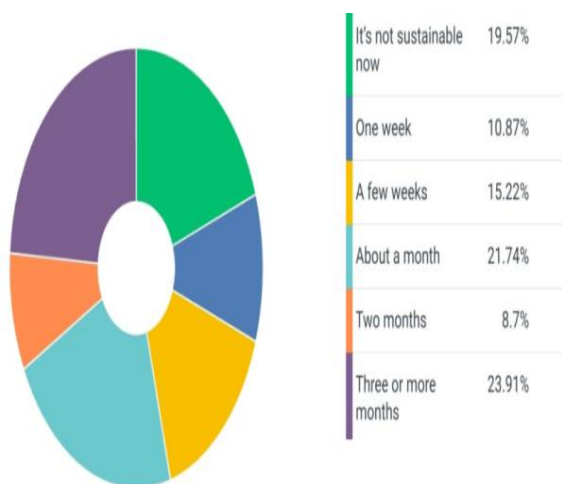
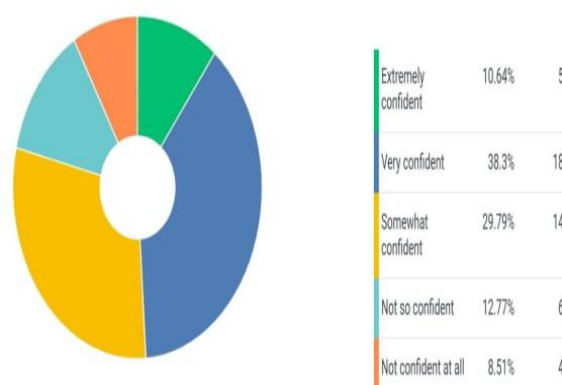


Figure no.4 result review tune 21.74% people can bear this situation only 1 month, 19.57% People said it is not substance how depend on situation spreading pandemic, 15.22% people found few weeks not worried impact of pandemic.

Fig no.. 5 confidence about help and support in pandemic



In fig.no.5 shows 38.3 % person was very confident about help and right support by others. 29.79% average confident and 12.7 7% not confident about help and support in pandemic by other. What is your great work which reduces anxiety. only 35% only 35 response were recorded that are take care of

mental and Physical health of all my friends and needy public awareness, take class on line. maintain good behaviour good, distribution mask and sanitizer to needy people.

Discussion- impact of these pandemic are often intense. people in community face several challenge during such period. Lack of awareness often leads to an un- concern attitude which many adversely affect on mental health. The fear and anxiety related to pandemic also influence

behaviour of People in community. Most of the participants in our study were educated and employed but 60% personal anxiety and 61% participant found anxious about pandemic situation. Three main challenges found in their response one of them and shows covid 19 anxious about their health second not maintaining daily routine and third social isolation and internet connectivity. there are three great source of anxiety. All of these factors can have adverse effect on mental health of society.

Anxiety label and rates of anxiety (23.6 %to45.1%) are there for expected finding terms of pandemic. In a study of china psychological effect found 35%. per approximately in pandemic. Traumatic event can reduce people feeling of security remind them fact of death and have adverse effect on their mental health. But question related to pandemic no definite answer such as when it will come to an end. Methods of treatment constant exposure to the flow of information about the pandemic and its effect decreased social relation and prohibition also can adversely effect individuals mental unhealthy such as anxiety, fear, stress, some sleep problem are being seen more frequently during covid 19 pandemic. (Torales et.al 2020) As result shows confidence level of participants is high in this pandemic situation. This type of positive impact of it so important for leader to continue to help employees as we all move new stages of the pandemic fight. For those who go back to office they will need to feel confident in their ability to stay healthy. An example of Elsevier mind life team has continued to provide support at all employees all over the world through global 20 minutes webinar during this stay home period focusing

on anxiety re-silence, well being while in isolation, health management, nutrition diet and exercise for mind and body in challenging time.

Conclusion-

To sum up our study shows educated participants are also anxious during this pandemic. All participants are aware to this infection possible preventive measures are applied such as the importance of social distancing, wearing mask, avoid crowding etc. People are facing problems of isolation, unhealthy relation and internet connectivity.

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people will not feel boring and isolated only one month after this they will to take precautions and join their work. In descriptive date we find that helping nature and behavior are developing in society. People help each other in this pandemic such as marks distribution. Soap distribution and taking care habits self and family members are developing in pandemic situation. It is good sign for our society and to come over corona virus pandemic.