Study on Impact of Covid-19 Pandemic on Psychological Health (Depression) of People in Philadelphia, United States of America.

[1]Mr. Bajeerao Ramchandra Patil, [2]Dr. Poonam Devdutt

[1]Research scholar of Ph.D., Shobhit Institute of Engineering and Technology, Meerut,
[2]Director Center for Psychology and Human Behavior Shobhit Deemed University Meerut.

Abstract:

We all have encountered with many pandemic situations in past time. Since 19th century medical science have always tried to overcome such situations. But what is most important that, what we have learned and observed or experienced from such situations. The COVID-19 global pandemic caused by the severe acute respiratory syndrome corona virus 2 (SARS-COV-2) has affected many people in recent year. This pandemic is unprecedented in recent history, with global impacts including high rates of mortality and morbidity. It is stated that the corona virus disease 2019 (COVID-19) pandemic has impact on mental & physical health. However, till today's date, effective studies are lacking regarding impact of covid-19 on psychological health. So far, no study has assessed whether mental health in the general population has genuinely changed from pre- to post-outbreak. Moreover, it is important to identify which factors modulate the health response to the pandemic. The study aimed to survey a representative sample from the population at the early phase of the COVID-19 pandemic. Depression, anxiety, and psychological wellbeing were measured with well-validated scales. Depression is a disabling illness which increases the risk of suicide. The Corona Virus Disease 2019 (COVID-19) pandemic has led to a rise in fear, anxiety, stress, and depression among the population of these countries. The aim of this study was to analyze the levels of fear of COVID-19, depression during lockdown among people in Philadelphia, United states of America.

Introduction:

Psychological Health is the key features of healthy life nowadays. Many things around us affect our psychological behavior. Which result in stress, Anxiety, Loneliness and Depression. In today's modernize world depression is creating many disability in populations. Natural calamities, accidents or any previous incidents have created long term effect on populations. Today whole world is facing a critical conditions created by COVID-19 pandemic, which is increasing the levels of depressions in the population in different countries. The situation of the population in some countries which have been severely affected by the epidemic and have little ability to cope, as is occurring throughout the globe.

Which has forced many government to isolate and lockdown in many countries for stopping the spread of the diseases. The pandemic has forced many governments to bring in strict laws to stop it from spreading.. This has seriously affected the living conditions of their populations, and it has been especially detrimental in countries with fewer resources, such as those in the American region.

Objective:

In the current study, we aimed to examine the number of respondents who experienced a clinically significant change in there psychological health's levels from pre - to post-outbreak assessment or significant levels of COVID-19- related traumatic distress. Moreover, building on studies on the SARS epidemic, we hypothesized that some respondents would show an increase in psychological symptoms from pre- to post-outbreak.

Materials and Methods:

The current study is a part of survey conducted at Kirkbride centre America, Pennsylvania, Philadelphia, United States of America PA, 19139 USA. Where large group of people of different age group are assessed with the help of questionnaire through goggle form. The survey of 353 sample was conducted to study the impact of COVID – 19 Pandemic on mental health of individuals who were tested positive and also those who were not tested positive.

Data Collection based on Gender

Participant		sex	Depression	No Depression
	108	Female	8.00%	23%

	245	Male	12%	57%
Total	353	Mean	10.00%	40.00%
		Standard deviation	0.22	0.18
		variance	0.484	0.0324
		n	2	2

Data Collection based on different Age groups

Total	Age Grp	Depression	No Depression
78	21 – 30	4%	18%
103	31 – 40	3%	26%
82	41 – 50	5%	19%
50	51 – 60	3%	12%
40	61 – 70	4%	6%
Total 353	Mean	4%	16%
	Standard deviation	0.008	0.07
	Variance	0.000064	0.0056
	n	5	5
	Ttest	0.92	

Data Collection based on different Races groups

Total	Races	Depression	No Depression
13	Asain	0.28%	4%
120	Black	5%	29%
199	Caucasian	15%	42%
21	Hispanic	0.28%	6%
353	Mean	5%	20%
	Standard deviation	0.06	0.18
	variance	0.0036	0.032
	n	4	4
	Ttest	0.59	

Table.1. Details of survey conducted in tabular form.

The age group of samples was 18 and above. Out of 353 samples, 108 were females and 245 males. 191 were negative and 153 were positive. Further, 13 samples were Asians, 121 blacks, 199 Caucasians, and 20 Hispanics.
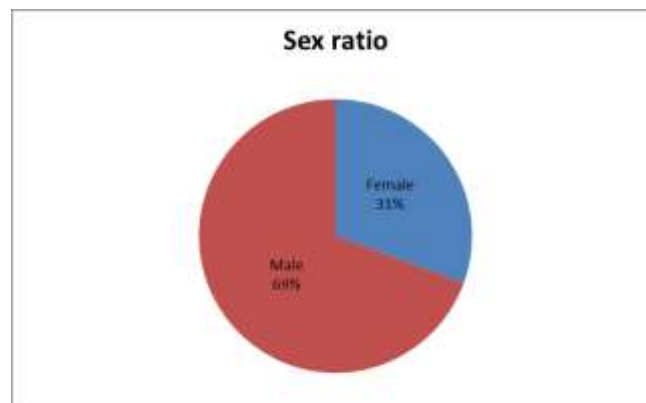

Fig. 1. Population took part in survey.
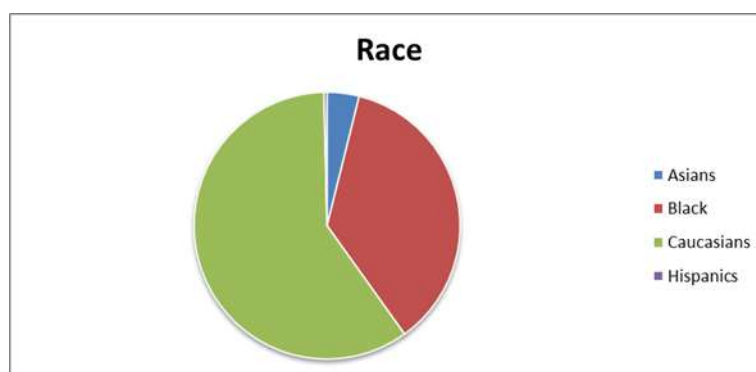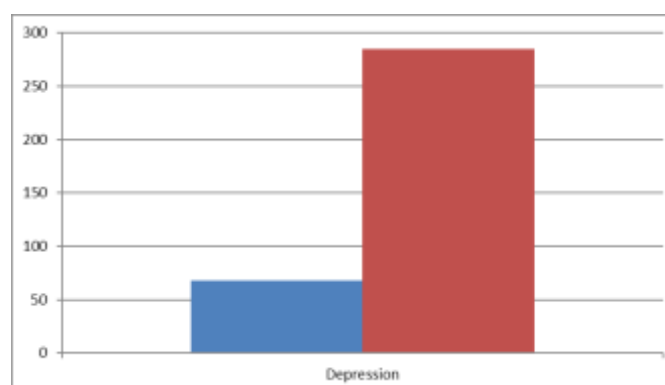
Fig. 2. Reports of people.

Fig. 3. Races of people who participated in survey.

Results:

Covid-19 has significant difference between the impact on men and women as well as on different age group of different races. The result obtained from the study during lockdown showed relationship between fear of COVID-19 and depression.

Discussion:

The basic objective of the research was to measure the impact of covid-19 on psychological health of people of United States. It is clear that the participants, as a group, show high levels of depression, and the levels recorded are above the normal range. The emotions of participants vary as per the age group, gender, and races.

Many people unable to continue their work, due to lockdown. All of these issues may well have increased stress levels, influencing depression by these long-lasting, dramatic changes faced by people can directly lead to symptoms of depression or initially result in a state of anxiety that could later lead to depression.

Many of these people have become ill and some have seen relatives become ill or die from COVID-19. Support plans with effective measures are needed to improve the standard of living, eating habits, and living conditions. These steps could contribute to improving their ability to cope and/or to cushion the impact of these hardships.

A program of attention and/or psychological training for these people could be introduced, especially geared toward controlling and overcoming depression. It would be advisable for the educational authorities, private bodies, and universities to urgently design and implement measures to alleviate these effects which harm the psychological health of their people. A society which does not protect and promote its people's health and development in the present puts its immediate future in jeopardy.

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