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## **Assessing the Effectiveness of Psychological Interventions for Managing Stress and Anxiety during the COVID-19 Crisis**

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### ABSTRACT

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The COVID-19 pandemic has had significant physical and emotional consequences, with a high number of cases and deaths reported globally. While the medical community is working on understanding and treating the virus, the psychological well-being of individuals affected by the pandemic is equally important. The pandemic has emphasized the need to prioritize and maintain psychological health alongside physical health. Acknowledging the emotional and mental impact of the pandemic and taking steps to address it is crucial. By paying attention to our psychological well-being and providing resources and support, we can mitigate the negative effects of the pandemic and emerge stronger as a society.

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Keywords: Outbreak, pandemic, COVID 19, Psychological wellbeing, physical health

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### **1. Introduction**

Millions of people have become infected with COVID-19, and thousands have died as a result of the latest epidemic. Person and collective psychological wellbeing may be harmed by the unexpected and uncertain COVID-19 outbreak. Currently, all resources are centered on gaining a better understanding of virus etiology, symptoms, source of transmission, fomites, and global health issues, while psychological health has been ignored. Our psychological well-being has a major impact on our overall happiness and quality of life. As a result, it's only natural that psychological wellbeing, like physical health, needs attention and maintenance.

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Our psychological well-being has a major impact on our overall happiness and quality of life. As a result, it's only natural that psychological wellbeing, like physical health, needs attention and maintenance. A psychologically strong person who has immunity to diseases is also said to be more. Finding a sense of community is one way to keep it alive. Health is described by the World Health Organization (WHO) as "A condition of complete physical, emotional, and social well-being, rather than merely the absence of disease or infirmity." [1]

The severe acute respiratory syndrome corona virus 2 (SARS-COV-2) virus was responsible for the COVID-19 global pandemic. The World Health Organization (WHO) named Corona virus disease 2019 (COVID-19) on 11 February 2020 after a cluster of unusual pneumonia cases was identified in Wuhan, China in December 2019 [2]. Although adjusting for baseline mental and physical health, loneliness and social isolation were also found to be correlated with increased mortality risk [3]. This study aimed to recognize major stressors associated with the COVID-19 pandemic lockdown, as well as their impact on the psychological health of college professors and students. The results of an online survey are detailed in this paper. The study was carried out between May – June 2020.

### 1.1. Methodology; Study design;

All respondents received a Google Forms-based self-administered questionnaire. Sex, age, marital status, education level, profession, sleep quality, and questions about physical health, leisure time, and other demographic information were requested on the Google Form. The current research takes a quantitative approach. During the COVID 19 pandemic, a cross-sectional study was used to determine the prevalence of anxiety, depressive symptoms, and personal and social relationships, family support and religious faith etc. There were 82 responses in total there were 96% academicians and rest were students.

**Participants:** Participants are mainly academicians from government colleges and universities and students.

Table 1. Participants' demographic characteristics

Variables		No.(%), N= 82
Gender	Male	25.6%
	Female	74.4%
Age Group	18-25 Years	3.6%
	26-35 Year	15.7%
	36-45 Year	41%
	Above 45 Year	39.8%
Highest qualification	Graduation	6%
	Post- Graduation	16.9%
	Doctorate	71.1%
	Other	6%
Marital Status	Married	81.9%
	Unmarried	18.1%

Out of all participants, 61 were female (74.4%) and 21 male (25.6%). The maximum participants were in the 36–45 years age group (41 %), and minimum 18-25 Years age group (3.6%) married (81.9%), with Doctoral degree (71.1%).

### 1.2. Discussion

Discussion: The study was carried out using self-administered questionnaires (Google form) on online platform. This study was carried out during the first wave of COVID 19 in India in month of May- June 2020 i.e. is the first phase of covid outbreak. Our study showed prevalence of positive attitude among the respondents. 48.2% of respondents score their mental health in excellent category while only 1.2% respondent considered it as poor. Female participants were most confident about their mental health and prefer excellent and very good option. Majority (53%) of respondent experience good quality of sleep during lockdown only 4.8% are suffered from poor sleep quality or insomnia.

Indians are very social and affectionate in nature and it proved because 100% respondents admit that their family and friends support them during the lockdown period.

Happiness hormones are released during any physical activity like yoga, aerobics, jumba etc. 50.6% of the participant increased their physical exercise while 14.5% found declination and 34.9% no change were observed.

What are some of the things that make people happy? Eighty percent of the heterogeneity in happiness can be explained by the Big Seven factors: Relationships with family, finances, work, community and friends, health, personal freedom, and personal values are all important factors to consider [4].

Autonomic, cardiovascular, and immune system dysfunction are often linked to stress. Several stress-reduction programmes have been adopted in the past, such as meditation, yoga, and muscle relaxation. Yoga is an ancient Indian science that provides not only a balanced body but also a sound mind to those who practice it. Many physiological processes of the body have been shown to be affected by yoga. A reduction in cortisol levels is one of the various biochemical effects of yoga [5] 63.9% of respondent meditate while 36.1% does not. There were very versatile answers when they are ask "How do you boost your immunity" mostly participants mention yoga and pranayama, healthy food, sudarshankriya, Ayurveda medicines, turmeric milk, playing, sunlight, vitamin supplements, drink warm water etc. 19.3% are feel boredom, 14.5% put on their weight, 8.4% showed irritability behavior while 47% are non affected by any negative effect of lockdown. 77.1% are happy to spend some more time with their spouse while 6% are not happy with this.

Lockdown, which includes self-isolation, quarantine, and social distancing, is a collective traumatic event that poses a serious threat to people and has resulted in significant loss of life and property for each person [6].

Reconstructing the situation as an opportunity to enhance mental health, mindfulness, and personal development by personal activities could become a flexible and defensive variable against the psychological effects of the corona virus in present scenario. Anxiety is normally caused by the perception of uncontrollable events, so concentrating on the regulated actions such as better hygiene, a balanced diet, exercise, sleeping, introspection, meditation,

practicing minimalism, and experience throughout the coronavirus cycle – any aspect that can provide resilient and defensive strategies to cope with stress, anxiety, and panic should be practiced [7]. 71.6% of respondents were experience leisure time, while 28.4% does not. Participants enjoy their leisure time by reading books, gardening, cooking, pursue their hobbies, watching webinar, watching television, research, playing with kids, self-improvement, internet access, knitting etc.

Table 2 Showing variables and its responses

Variable	No.(%, N= 82	
How do you rate your mental health?	Excellent	48.2%
	Very good	34.9%
	Good	13.3%
	Fair	2.4%
	Poor	1.2%
How is your quality of sleep during the lockdown?	Excellent	36.1%
	Good	53%
	Fair	6%
	Poor	4.8%
Do you feel apprehensive (horrified) due to the pandemic?	Yes	18.8%
	No	47.5%
	May be	33.8%
Support from family and friends during the lockdown	Yes, Satisfactory	100%
	No	Nil
Time spent on physical exercise	Increased	50.6%
	Decreased	14.5%
	No Change	34.9%
During this Pandemic period, your POSITIVE ATTITUDE is	chance of self-improvement	30.1%
	To Improve awareness	10.8%
	To devote quality time to family	39.8%
	To Increased social value	2.4%
	To move towards spirituality	16.9%
Do you meditate?	Yes	63.9%
	No	36.1%
The negative effect of Lockdown on you	Boredom	19.3%
	Laziness	10.8%
	Lack of Exercise/Weight gain	14.5%
	Irritability	8.4%
	None	47%
Are you happy to spend some more time with your spouse?	Yes	77.1%
	No	6%
	Not Applicable	16.9%
Do you experience leisure time	Yes	71.6%
	No	28.4%

### 1.3. Conclusion

In conclusion, the COVID-19 pandemic has caused immense physical and emotional harm, and while the medical community is working tirelessly to understand the virus and find a cure, the psychological well-being of individuals affected by the pandemic is also critical. The pandemic has highlighted the importance of prioritizing and maintaining psychological health alongside physical health. It's essential to acknowledge the emotional and mental impact of the pandemic and take steps to address it. By paying attention to our psychological well-being and providing resources and support, we can mitigate the negative effects of the pandemic and emerge stronger as a society. In summary, the COVID-19 pandemic has highlighted the importance of addressing psychological wellbeing alongside physical health. It's essential to prioritize mental health services and resources to help individuals cope with the ongoing pandemic and maintain their overall well-being.

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