

PalArch's Journal of Archaeology
of Egypt / Egyptology

IMPACT OF COVID-19 ON PEOPLE'S MENTAL AND PHYSICAL HEALTH

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Azra Qadir, Shahzad Atiq, Impact Of Covid-19 On People's Mental And Physical Health, PalArch's Journal Of Archaeology Of Egypt/Egyptology 18(8), 4786-4791. ISSN 1567-214x.

Keywords: Coronavirus, pandemic-situation-outbreak, lockdown, social distancing, mental and physical health and positive and negative impacts.

Abstract:

The corona virus or covid-19 is a disease based on an unknown virus. It started from china and spread all over the world. This pandemic situation is one of the widely spread diseases in the recent human history. However there was influenza pandemic in 1918 with the huge numbers of deaths till not actual counts available. Some persons are believed the millions of people were died. Now almost in the mid of 2021 lockdown and curfew is imposed all over the world due to 3rd wave of covid-19. Countries have banned the travelling activities of the people. The situation of India is critical, death rate is very high and there is oxygen shortage in the country.

This article is aimed to analyze the impact on mental and physical health of the people by covid-19 and also a proposal to control the disease as well as the socio economic, environmental and political atmosphere of the country. Rahim Yar Khan is the last district of Punjab, linked with three other provinces border area.

Covid-19 has affected about 210 countries, with more than millions of people with confirmed cases and millions of positive cases reported daily in the world. Especially Pakistan faced economic crisis of trillions loss with 33.7% of poverty level is increased. While many negative impact on the mental and physical health of the people to rise tension, depression, anxiety, insomnia and low immune system. Through assessment of covid-19;

first, second and now serious effect of third strike. Management and control measures presented in study can be assistive for provision of policy guide line to government's think tanks, policy makers of country with similar socio-economic, cultural, structure in all fields of life for best work policy formulated.

Introduction:

Viral disease has continued threat to the public health. According to WHO, Wuhan the largest metropolitan area in Hubei province of China reported for the first time which had unexplained low respiratory infections to the WHO country office on December 31st, 2019. First of all infections causes not trace out after the investigation of the intensive outbreak by the Chinese center for disease control and prevention. The aetiology of the illness was recognized as pneumonia caused by the novel virus. The virus belong to the coronavirus family and was named as the novel coronavirus pneumonia and was termed as 2019-nCov by the Chinese researchers. Later on it was named as severe acute respiratory syndrome coronavirus-2 by the International Committee on Taxonomy of virus. On February 11th, 2020 WHO named the pneumonia as coronavirus disease 19 also known as covid-19. WHO declared it as serious of the outbreak of respiratory syndrome coronavirus (SARS-2) in 2002-03 and the most recently in 2012 the middle east respiratory syndropme coronavirus (MERS-Cov) was identified for first time in Saudi Arabia. Covid-19 is the third outbreak which has affected more than 200 countries all over the world including Pakistan. On March 11th, 2020, the number of cases reported outside China was 13 times more than that in China, 118000 cases in 114 countries and more than 4000 death. Therefore covid-19 declared as a pandemic by WHO. USA, India, Brazil, Russia, France and Italy have reported highest number of positive cases. But in Pakistan around 292000 positive cases were reported with 6200 mortalities. This has been attributed to the smart lockdown scheme launched by the Government which identified of covid hotspots across Pakistan and isolating those specific areas of the country and control the situation.

Current situation of Pakistan:

Now a days all over the world faces the 3rd wave of covid as powerful virus attack has been seen and the recovery of the patients are impossible. Just like SARS, African virus and Brazilian virus attack on human body and damage the immune system of the person.

Across the world mortalities are increasing specially in the under developing countries situation are critical. In India death rate is very high. Medicine and oxygen shortage is increased and they have call for help to the world. Pakistan have sent 50 ambulances and other special equipment sent by the Air Force plane. In Pakistan, according to the media reports and the policy of the smart lockdown situation is under control. First of all province Sindh have the highest number of cases reported. But now The Govt. of Sindh has announced lockdown first of all in last days of Ramzan. KPK, Baluchistan and Punjab strictly implemented lockdown. All shops and bazars are closed from 8th to 16th May on account of eid holidays. So the situation is not critical in these days. People are aware to follow sop's and taking vaccine for better health.

Impact of covid-19 on mental and physical health:

The covid-19 pandemic has disrupted or damaged critical mental health services in 93% of countries of the world while the demand of mental health is increasing according to new WHO survey. The survey of the 130 countries provide the first global data showing the devastating impact of covid-19 on access to mental health services and need for urgent increased funding. The survey was published on October 10th, 2020 that will bring together world leaders, celebrities and advocates to call increased mental health investment in the

wake of covid-19. WHO has previously highlighted the chronic underfunding of mental health prior to the pandemic countries were spending less than 2% of their national budget on mental health and struggling to meet their population need.

Pandemic is increasing demand for mental health services, bereavement, isolation, loss of income and fear are triggering mental health conditions or exacerbating existing ones. Many people may be facing increased level of alcohol and drugs, insomnia, anxiety, depression, tension, etc.

Covid-19 itself can lead to neurological and mental complications such as delirium, agitation and stroke. People with pre-existing mental, neurological or substance use disorders are also more vulnerable to SARS-Cov2 infection and now black fungus cases are reported. They may stand a higher risk of severe outcomes and even death. Good mental health is absolutely fundamental to overall health and well-being.

Covid-19 has interrupted essential mental health services around the world when they are needed most. World leaders must move fast and decisively to invest more in life saving mental health programs during the pandemic.

Survey finds major disruption to critical mental health services. The survey was conducted from June 2020 to August 2020 among 130 countries across WHO's six regions. It evaluates how the provision of mental, neurological and substance use services has changed due to covid-19, the type of services that has been disrupted and how countries are adopting to overcome these challenges.

Countries reported widespread disruption of many kinds of critical mental health services.

Over 60% reported disruption to mental health services for vulnerable people including children and adolescents (72%).

Older adults 70% and women 61%.

67% saw disruption to counseling and psychotherapy 65%.

Critical harm reduction services and 45% to opioid against maintenance.

More than 35% reported disruption to emergency interventions.

30% reported disruptions to access for medications for mental, neurological and physical substance use disorder.

Around three quarter reported at least partial disruption to school and work place mental health services 78% and 75% respectively.

Impact on physical health damages the ability of a person just like depression, anxiety insomnia, tiredness, headache, laziness, psychological problems, loneliness and financial problems. These mental and physical effects damage the human health and face problem due to illness, poverty and lack of work.

Covid-19 has also impact on education system, students, teachers and policy makers. Due to covid-19 the world is facing smart and complete lockdown. Pakistan is a third world developing country and faces many political and cultural problems and now due to pandemic the education system is totally upset due to increasing the number of covid-19 cases in different areas of the country. So all institutions are closed for time to time to secure the life of children and teachers but this affects the study program. Modern technologies are used to secure the future of the children all over the world. Distance learning system is adopted in

schools, colleges and universities but this system creates problems for the poor people. Parents cannot afford the internet connection, android phones and laptops for online classes. Workload of staff members is also increased. Modes are adopted online and on campus. This situation creates a burden for both students and teachers. There is lack of training to use LMS, YouTube, laptop and modern technologies for people so the results are not showing better performance. Students protest for physical exam. Online classes and exam increased the cheating, deceiving, lying, and laziness. Little bit attendance in online classes. Teachers are ordered to upload work plan, course outline, contents, slides, course material, books, notes, audio and video lectures on LMS and OCW. After all these efforts students cannot provide good results.

A special case study of Rahim Yar Khan:

Rahim Yar Khan is the last district of Punjab, linked with three other provinces border area, situated in Janoobi Punjab. Population is 4.8 million with 6 seats in National Assembly of Pakistan and 10 seats of Provincial Assembly. Now a days main crops of the District is wheat, cotton, mangoes and dates. A district with not a huge population facing 9% corona positive cases reported now.

Due to the covid-19 pandemic about 2000 people of different background are interviewed and observed and their views are recorded whether this covid-19 has positive or negative impact on their mental and physical health. The persons that are interviewed and observed were students, teachers, lawyers, bankers, doctors, medical officers, health nutritionists, bankers, single mothers and officers of high rank as well. The ages of the targeted population were between 15-65 years. Almost 96% of the targeted population was of the negative impact. Many of the people were in very bad circumstances.

Students were facing problems in their online classes and were mentally upset while teachers have the same issues of maintain an environment of class virtually. Due to the lockdown of courts, lawyers earning was not properly managed. Due to the tense atmosphere doctors were performing beyond their duty hours and they were frightened of the virus as well. Health nutritionists were of the view that people should take proper diet and follow sop's guidelines of WHO for the better conditions. Bank staff was also much tensed and busy these days.

Taking steps of the Government for the health of the people. Implementation of laws as:

World Health Organization (WHO) issues the coronavirus disease advice for the public, when and how to use mask. All over the world governments are following standard laws.

Centers for Disease Control and Prevention (CDC) guidance for unvaccinated people protect yourself. In this act guidelines issued to protect yourself to wear mask, maintain social distance and use sanitizer.

The Punjab infectious disease prevention and control act 2020 is issued and implemented all over the Punjab. On violation of the act FIR is lodged and fined for not following sop's.

International Growth Centre, (IGC) covid-19 Pakistan's preparations and response. The Government of Pakistan has taken unprecedented steps to counter the effects of covid-19 crisis.

Mental Health Ordinance 2001, Properly implemented and discussed all the mental disorders and disabilities due to the bitter experience of the childhood problems. Mental and physical abuses by any person, husbands behavior's, tortures just like serial killer, crimes due to mental illness, tension, depression, anxiety and fear of losing loved ones.

National action plan for corona virus disease covid-19 Pakistan, 11th March 2020. F.No 4-107/2020DDP-1 contract tracing and case based surveillance. WHO, interim guidance February 27th 2020. In this plan all the basic rules and regulations of covid-19, quarantine, sop's, sample taking, checking and facilities available in the country and arrangement for the prevention.

Conclusion:

The covid-19 pandemic has led to a dramatic loss of human life world-wide and presents a unprecedented challenges to public health, food system and the world of work. The most developed countries are facing the problems at first just like UK, USA, Italy, Brazil, India, China and Iran. Millions of people were died availing the world's best medical facilities. Covid-19 first, second and now third wave is more dangerous just like before china control the situation due to emergency basis and made vaccine to protect the human life. Pakistan is facing problems of covid-19 from coming back people from UK and Iran. Sindh in a high ratio of positive cases, KPK, Baluchistan and Punjab taking steps to control the pandemic, smart lockdown, masks, closeness of shops, marriage halls, hotels and gatherings. Pakistan saves the life of their citizens. Covid-19 disrupted the mental and physical health of people and disturbs the education system, alternate system of online classes is scheduled but every person cannot afford the net facilities. Governments are taking steps to control the pandemic situation and help each other in the world level. In the bad situation of India, international community help with the medicine, oxygen cylinders, ambulances and man power to buried and burn the dead persons.

Covid-19 affects the financial conditions of the people. While the number of under nourished people currently estimated at nearly 690 million could increase by upto 132 million by the end of this year 2020-21. Covid-19 badly affects the mental, physical, educational and financial conditions of the world. Government takes steps to provide medical facilities by National Action Plan with WHO guidance and now arrangement for the vaccination of the people to protect from covid-19 disease. All over Pakistan free of cost vaccine are provided to the people in phases of age groups as above 60, 50, 40 and now registration Of 30 years are started.

In Pakistan, Sino-vac and astra zanica vaccine are provided in centers and people are advised to take vaccine to save their lives. It is our duty to give awareness to the people to go to medical vaccination centers but rumors are created. Fear is created due to media coverage and due to rush of people. Positive cases are increased, decreased due to lockdown and sop's are followed strictly.

Recommendations:

There are ways to help manage post-covid-19 conditions and many patients. The best ways to prevent these long term complications to slow down the spread of covid-19 third wave are

- i. Wear masks
- ii. Maintain social distance
- iii. Get a covid-19 vaccine
- iv. Avoid crowds and poorly ventilated indoor space.
- v. Wash your hands with soap and water.
- vi. Use hand sanitizer
- vii. Make sure to get cdc recommended vaccines
- viii. The 2.47 million doses of oxford Astra Zeneca covid-19 vaccine will be used to immunize about 1.24 million high risk people against the virus.

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