

Mini Review

Volume 18 Issue 4 - April 2022
DOI: 10.19080/PBSIJ.2022.18.555994

Psychol Behav Sci Int J

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A Mini Review on The Factors Impacting Mental Health of Youth During The Covid-19 Lockdown



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Submission: April 11, 2022; **Published:** April 21, 2022

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Abstract

Since its emergence in 2019, the COVID-19 pandemic has posed a threat to the financial system, lives, physical and mental health. This review investigated how the COVID-19 pandemic affects youth's mental health. A significant portion of the participants were found to be significantly and moderately impaired in terms of mental health as a result of the lockdown. Family status, profession, marital status, avoiding shaking hands, cleaning and disinfecting frequently used objects and surfaces, educated citizens, impact on living, access to food, behavioral patterns, and effect on education are all strongly linked to poor mental health outcomes. Age, marital status, the probability of participants or their family members becoming sick from COVID-19, the impact on salaries, physical and mental abuse, closed schools, and other factors all significantly predicted mental health outcomes, according to the results of multinomial logistic regression analysis.

Keywords: COVID-19; Mental health; Coronavirus pandemic; Anxiety; Psychiatric problems

Abbreviations: nCoV: Novel Coronavirus; AOR: Adjusted Odds Ratio

Introduction

Since the substantially less severe SARS outbreak in 2002-2004, the new coronavirus disease has been the most alarming atypical pneumonia outbreak [1]. A variant of coronavirus known as the novel coronavirus (nCoV) commonly causes such respiratory and gastrointestinal problems. As of February 1, 2022, COVID-19 had infected over 390 million people globally, resulting in over 5.7 million deaths [2]. According to a Chinese study, COVID-19's lockout strategy has a negative impact on physical activity and self-confidence [3]. COVID-19, as well as the uncertain conditions around it, is likely to cause psychological trauma and disorders, such as anxiety, sadness, and post-traumatic stress disorder [4-6]. Previous infectious disease outbreaks have also had a substantial impact on people's mental health [7].

Measures

Socio-demographic variables were age, gender, marital status, occupation, family status (nuclear or joint), and number of family

members. Personal lifestyle data included daily physical activity, sleeping pattern, habit of washing hands regularly, avoiding touching sensitive body parts, avoiding close contacts, avoiding large gatherings, etc. Participants were also asked about the community awareness, the daily life changes due to this pandemic, the effects on behavior, the effects on livelihood, the changes in routine behavior, the effects on mental and physical health, their earnings before and after the lockdown, etc.

Statistical Analysis

The Chi-square test was used to evaluate the relationship between mental health status and other socio-demographic variables, while Pearson's correlation analysis was employed for numerical variables [8-11]. Linear regression analysis has recently been examined in a variety of sectors, including public health, economics, finance, business, environmental science, social sciences, and others. In several studies, the influence of explanatory variables on the adjusted odds ratio (AOR) of

mental health status was determined using a multinomial logistic regression model with a 95% CI and p-value<0.05 [12-21].

Discussion

Study results indicate that 67.13% of respondents reported that the outbreak situation was stressful as a result of the long quarantines [22]. According to a study conducted by the Indian Psychiatric Society, mental illnesses have grown by 20% in India during the coronavirus pandemic [23]. A study of 1800 Chinese adolescents was done to see how home quarantine influenced their mental health. Approximately one out of every four Chinese adolescents were depressed or anxious, or both [24]. Mental health issues among youth in the United States have increased due to the pandemic. As a result of the COVID-19 home quarantine, more than 4.4 million children aged 3 to 17 have been diagnosed with anxiety, and 1.9 million children have been diagnosed with depression. Furthermore, nearly one-third of all adolescents suffer from sadness and anxiety [25].

Gender, socioeconomic status, employment, perceptions of COVID-19, COVID-19 symptoms, use of social media, social support, and family conflict have all been linked to mental health during this pandemic, according to studies [26,27]. Mental illness is more common in older people and people with poor incomes [28]. Females were found more vulnerable than males, according to a German study [29]. According to a study published in 2020, people with a graduate degree were more stressed than people with an undergrad or higher secondary education [30]. In study from several countries, income or salary was discovered to be a crucial determinant for mental health [31-36]. The interesting finding was that individuals with higher incomes were more mentally affected than those with lower incomes [37]. Increasing numbers of people with psychiatric problems could be attributed to a combination of factors including family status, fear of becoming ill, isolation from society, economic and social stresses, and the inability to avoid stepping out in public in order to buy essentials like food or medicine, etc [38-44].

Conclusion

There should be consideration given to mental health difficulties for youth and various treatment options should be available to alleviate these problems. Improved socioeconomic situations, parenting knowledge, youth care, and job security, as well as psychological intervention approaches, are likely to contribute to youth mental health improvements.

Limitations

The findings mentioned above may have certain limitations. The self-reporting of characteristics of respondents is the first limitation. We propose that various methodologies be used in future studies to find more accurate data. The direction of

causality between addiction and psychological, habitual, and cultural characteristics is unknown, necessitating the conduct of further investigations.

Acknowledgment

The authors would like to thank the researchers of the relevant studies.

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DOI: [10.19080/PBSIJ.2022.18.555994](https://doi.org/10.19080/PBSIJ.2022.18.555994)

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