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Article

Mental hygiene problem during Covid-19

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Abstract

No one could ever image like the situation which people of the whole world face at present. Everyone affected by it, as socially, economically, physically, mentally and many more ways. Students' of schools and colleges faces much more also. People are mentally disturbed in many ways in this covid-19 situation. Here we discussed about it.

Introduction

Generally, there are many viruses on the earth and they spread many places on world. At present, Corona viruses are a large family of viruses which may cause illness in animals or humans. In humans, several corona viruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most recently discovered corona virus causes corona virus disease COVID-19.

COVID-19 is the infectious disease caused by the most recently discovered corona virus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019. COVID-19 is now a pandemic affecting many countries globally.

A recent review of research published in The Lancet found that quarantine is linked with post-traumatic stress disorder (PTSD) symptoms, confusion, and anger - the effects of which can be long-lasting.

- Stress: Many people feel stress due to some professional insecurity or financial aspects.
- Anxiety : People feel anxiety for their surrounding areas about corona pandemic. They feel worry for their future, Television news add this anxiety in their daily life.
- Limitations in liberty: Limitations in roaming, travelling, outgoing enjoyment makes people unhappy.
- Depression: Some persons go in depression due to this pandemic.
- Techno savvy: Those people, who are interested in techno gazettes, they spends their most of time in video game, online movies, and also in unusual maters.
- Boredom: Some people feel bore in home. They can't go out anywhere and can't spend time in many things, which they want to do.
- Burdens: People who do not interested in household works, they feel burden of these type of house work.
- Nervousness,: Some people get nervous because of their study, job, business, social relations, etc.
- Fears of contamination: Some people fear for contamination of this virus. What they do after it. So they are in fear because of it.
- Constant reassurance seeking behaviors: Some people are in doubt of his or her own behavior, they are not assure about their behavior. Their behavior change slowly. They are constant reassure about it.
- Panic: Some persons feel and create pains due to their nervousness.
- Sleep disturbance: Few people sleep in a day and this habit is painful to them, because they can't sleep soundly in night.
- Excessive worry: Some feel worry about the world. What should be next. This matter makes them more worry.
- Feelings of helplessness: In this lockdown period, they could not go out for help and no one can help them also. So, they feel helplessness.
- Social isolation: They feel socially isolated. They can't go out to meet someone or relatives. So, they feel isolated in their home, especially those, who has not more family members in home.
- Loneliness: As per said above, this type of person feels loneliness in home.

- Upset – Some people feel upset because of nothing to do significant work.

There are some positive aspects of effect of covid19

- More spiritual: Some people are being more spiritual at this time. They can understand that there are some supreme powers in the world. They do more worship in his more free time period.
- Meaningful activities: Some people do meaningful activities at home which they could not done in past because of not having sufficient time. They like to do activities they love.
- Emotionally attachment with family members: Most of the people feel satisfaction in this lockdown period having more attachment with the family members. They come more closure with them in concern of thought, work process, attitude and mentality to use leisure time.
- Regular sleep: People take regular sleep in this period, so they can feel mentally relax.
- Healthy eating practices: It is one good sign we can see in this lockdown period that people eat homemade food. This makes their health good.
- Yog and meditation: Some people who are interested in yoga but could not do due to having time, they start yog and meditation to keep them healthy body and mind.
- Use of social media: In this lockdown period, people do more use of social media. Many webinars held on social media's deferent portal. Many persons attend professional meetings on social platform.

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