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Mental Health during the Covid-19: Newspaper Analysis and Empirical Observation

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ABSTRACT

Mental health is a major public health issue in the all over world during the Covid-19. Present study aimed to explore the status and causes of mental health among peoples in Chhattisgarh state of India. Qualitative and quantitative approach was used in this study. For Qualitative data, Available e-news paper reports on mental health are collected during March 2020 to March 2021 and analyses. For quantitative data, telephonic interview was conducted by using mental health questionnaire on 80 young male and female from Durg –Bhilai , CG, India . Newspaper reported various causes of mental illness among male and female like unemployment, poverty, domestic violence, loneliness, isolation, parent expectations etc. The study revealed that the overall 54 % people suffer from mental illness less or more.

Key Word: Mental health, Covid-19, Causes of Mental Illness

Background

Increasing number of mental patients is a big cause of anxiety, not only in India but also globally. According to the World Health Organization (2020), the entire world is grappling with the COVID-19 pandemic, which has impacted the mental health of millions of people. In the survey of the Indian Psychiatry Society (IPS), it has been found that cases of mental illness have increased by 20 percent since the lockdown. According to ICMR (2020), one in every five people in the country is suffering from mental illness.

Only 0.06 percent of India's health budget is spent on mental health care. This ratio is significantly lower than other countries. About 1 to 2 percent of the country's population or about one to two crore people, are suffering from acute mental disorders. These include mental disorders such as bipolar disorder and schizophrenia. It is the highest level of mental disorder. Around 5 crore people in the country's population suffer from mental disorders like stress and depression. A large number of these people also avoid admitting that they have the disease.

In corona times, mental health is an important issue. Present study has been made to throw light on the mental health of the people with special reference to Chhattisgarh. From time to time research has been done on various aspects of mental health, but in the context of Chhattisgarh, adequate research is needed today.

Review :

Robert, Lisa and Montgomery, Susanne B. (2016) conducted a pilot study on poor women in Chhattisgarh on the basis of intervention based on mindfulness for childbirth education and found that pre-testing had high levels of psychological symptoms such as depression and prenatal grief. Much difficulty was found in coping with the sad situation. There was a significant reduction in these symptoms after intervention.

Alam, Sing, Gupta Bhavnani and Soni (2016) conducted a community-based cross-sectional study on the state of mental health and their determinations in elderly people of Raipur city. And found that 52.03% of the total population involved in the study was concerned, while 27.65% people were suffering from depression, 20.31% of the people had better mental health in general. Men had better mental health than women.

Dhurandhar Dipti and Agrawal Alka (2015) did a systematic study of mental health of the students of Science and Arts subject and they did not find any meaningful difference in the mental health of women and men in their studies. Although there was a difference in the mental health of students of science and arts subjects.

Choudhari Ranjana (2020) attempt to draw the attention of mental health professionals, general medical practitioners and occupational health policymakers to the various, interrelated and interdependent predisposing and causative factors for the development of psychological ill-effects amongst internal migrant workers with the interventions needed to address it, from an occupational health perspective angle.

Rajkumar, Ravi Philip (2020) Published articles were classified according to their overall themes and summarized. Preliminary evidence suggests that symptoms of anxiety and depression (16–28%) and self-reported stress (8%) are common psychological reactions to the COVID-19 pandemic, and may be associated with disturbed sleep. A number of individual and structural variables moderate this risk. In planning services for such populations, both the needs of the concerned people and the necessary preventive guidelines must be taken into account. The available literature has emerged from only a few of the affected countries, and may not reflect the experience of persons living in other parts of the world. In conclusion, subsyndromal mental health problems are a common response to the COVID-19 pandemic.

Roy Adrija , Singh Arvind Kumar , Mishra(2020) found major mental health issues like stress, anxiety, depression, insomnia, denial, anger and fear among Children and older people, frontline workers, people with existing mental health illnesses in this context. Suicides have also been increasingly common in covid-19 times. The role of social media has also been immense in this context. State-specific intervention strategies, psychiatry consultations, toll free number specific for psychological and behavioral issues have been issued by the Government of India

Objective of the Present Study

1. To study the mental health of youth in Chhattisgarh.
2. To analyze the mental health news published in the newspaper.
3. To study the causes of mental illness of youth in Chhattisgarh.

Method

The research is based on qualitative and quantitative approach. Telephonic clinical Interview technique was used for quantitative data. Content analysis was used for qualitative data. Interview was conducted by using questionnaire.

Sample

80 youths were selected for the study by randomly from Durg –Bhilai , CG, India which included 40 male and 40 female. All these youth are in the age group of 18–35.

For the newspaper analysis, mental health related news which published March 2020 to March 2021 was selected on the basis of availability.

Tools

- 1.E-Newspaper
2. Clinical Interview
3. Mental Health Questionnaire - Self-Made

Media Reports

Anshumala (August 18, 2020) presented a detailed report on the mental health of medical students. Dr. Guleria's views have been published in the report. Referring to a survey conducted by the British Medical Journal, the director of AIIMS said that 30 per cent of the students had experienced or undergone mental health problems. He said that it is a much larger number, which is much higher in the general population.

Guleria is also part of a core team monitoring the Corona pandemic. He said that coronaviruses have significantly affected the mental health of the people. We, as a community, have grown up with social interaction and freedom, and we are suddenly forced to live amidst isolation, fear and restrictions. Although, we talk of physical distance, we do not really want there to be any social distance.

Sunil Kumar Gupta (September 20, 2020) reported according to Ajmer psychiatrist Dr. Charan Singh Jilova, one person is committing suicide every four minutes in India, but in the ongoing Corona period, the number of suicide cases has doubled or even more. There are three reasons for this - first, the financial crisis arising due to unemployment and loss of occupation, second - fear of being corona and third - feeling lonely due to increasing distance from society.

Sunil Kumar Gupta in his report has also highlighted the Kovid-19 Clause online survey of Suicide Prevention India Foundation (SPIF). According to the survey, the suicide rate in India is more than 60 percent of the global average anyway. Since Corona, the country has been found to increase manifold in its tendency to injure itself, to wish for its death and to kill itself. Many people have thought or tried to kill themselves due to fear of disease and the economic disparities that people have to face. Also, in 71 percent people, the desire to die after corona increased.

Hitesh Sharma , Durg (Oct 25, 2020) explain his report, the increasing number of suicides in some districts of the state Chhattisgarh has become a matter of concern for the police. IG Vivekananda Sinha has prepared a report on the increasing number of suicides. When the report is ready, shocking figures have come out.

Statistics of the report show that between 2016 and June 2020, 6 thousand 35 people have committed suicide in Durg, Rajnandgaon, Bemetra, Balod and Kabirdham districts. There are 923 men and 323 women in Balod district. The highest number of suicide cases are in Durg district. The number of suicides here is 2307. While the lowest figure is from Kawardha district. A total of 541 people have committed suicide here in five years.

Report has shown that most people have committed suicide after marriage due to dispute, illness, love affair. According to the case study, the case of suicide is more in the Rajnandgaon district after the fort. In five years here, 1333 people have committed suicide for different reasons. 59% of people made hanging their life as their medium. While 29% of the people have died by consuming poison. 35% of those who commit suicide are 19 to 30 years old, 34% are 31 to 45 years old and 20% are 46 to 60 years old.

Ejaz Kaiser(September, 2020) According to the World Health Organisation, “For every suicide there are many more people who attempt suicide every year.” Such concerns have led the Chhattisgarh police in Durg range to undertake an initiative to generate public awareness on suicides while instilling confidence to successfully face the challenging situation arising from the COVID-19 pandemic.

Among the 28 districts of the state, Durg-Bhilainagar reported the highest suicide rate of 34.5 per 100000. The reports established 18 reasons linked to suicides and mental health disorders in the Durg range. Chhattisgarh's suicide rate puts it among the top four states in the country, at 24.7 per one lakh, according to the National Crime Records Bureau (NCRB) 2019. The state with a population of about 26.6 million has a suicide rate much higher than the national average of 10.4.

Aditya Sharma (2020) Recently reports citing the Indian Psychiatry Society (IPS) that cases of mental illness have increased by 20 percent since the lockdown. One out of every five people in the country is suffering from mental illness. The IPS has warned that increasing economic troubles, isolation and increasing cases of domestic violence may create a new mental crisis in the country. Along with this, the risk of suicide also increases.

Aditya Sharma also referred to another research and quoted him as explaining that Kovid 19 had the highest number of deaths due to suicide during lockdown. According to the survey, 343 people committed

suicide in March this year. Of these 125 people died due to fear of infection, loneliness, house arrest and inability to return home.

Anisha Bhatia (October 09, 2020) WHO estimates that about 7.5 per cent Indians suffer from some mental disorder According to the numbers, 56 million Indians suffer from depression and another 38 million Indians suffer from anxiety disorders.

Nisreen Naaz, RAIPUR(August 13, 2020) found her report that the number of patients coming to hospitals for mental health services in the state is increasing. In April, May and June this number was twenty thousand. The number of mental patients is very high in Dhamtari, Balodbajar, Rajnandgaon and Kawardha districts. Health test of 1825 people visited the quarantine center at State Mental Hospital, Sendari, Bilaspur. Out of these, 13875 people received counseling between April and June 2020. Out of the consultants, 79 people were found to be severely mentally unwell.

Gaurav Pandey(28 Jul 2020) analyzed the survey results of GOQII. According to the study, about 43 per cent of Indians are victims of depression. The survey was conducted on about 10,000 Indians by GOQII, a defensive healthcare platform equipped with smart technology. It studies how they are coping with the conditions arising from the corona virus. 26 per cent of the participants in the study said that they suffer from mild depression while 11 per cent of the participants said that they suffer from depression to a large extent. At the same time, six percent of the participants reported having severe symptoms of depression. The study said, "The last five months have been very unexpected. This condition has a bad effect on the mental health of the people. Many stages of lockdown, unemployment, health fears and uncertain environment have led to the highest level of stress among people.

Kawardha News (23 Jul 2020). In this period of corona infection, many people in the state have committed suicide by hanging themselves in the Quarantine Center. In this episode, Tulsi Baiga father Kiranu Baiga, a resident of village Damgad under Kukadur police station area, returned to his village on July 11 from China, 26 years old. Where he was repeatedly kept at the Quarantine Center.

Kamlesh (7 April 2020) written his report that this sudden break in running life and fear of corona virus has started to affect people's mental health. Meanwhile, there has been an atmosphere of anxiety, fear, loneliness and uncertainty and people are struggling with it day and night.

Jagaran, Kanpur,JNN (2020) According to a study conducted by the Indian Psychiatric Society on people across the country, every other person suffers from it. Earlier, mental stress, confusion, depression and mania was among about 20 percent people, which has increased to 40 percent during the Corona period.

The Indian Psychiatric Society based the data collected by 800 psychiatric experts across the country for the survey. It turned out that due to Corona, stress has increased due to the exit and the association with others. People are concerned about the health of themselves and family. There is also uncertainty regarding livelihood. For this reason, there is a tendency to become furious and fight. To overcome this, people are resorting to intoxication. Due to this, domestic discord is also increasing.

Soma Pal (01 Mar 2021) said even after the negative test of corona virus, the patient has to face many problems. This affects a person not only physically but mentally as well.

Abhilash Srivastava (2021) found that even after recovering from the corona, the mental health of one out of every three young people has been affected.

In the report of INS(18 AUG 2020) Randeep Guleria stated, "We, as a community, have grown up with social interaction and freedom and we are suddenly in the midst of isolation, fear and restrictions. Restrictions.

Data Analysis

Newspaper Analysis:

An overview of mental health news published during the March 2020 to March 2021. The analysis confirms the following facts:

1. Most articles and reports related to mental health in newspapers have been published around 10th October, World Mental Health Day.
2. Reports related to mental problems and suicides arising out of corona have been given special place in newspapers.
3. The mental health of the people who were quarantined during the Karona period has been exposed in the newspapers.
4. AIIMS STUDEN's report of suicide has been published in most newspapers.
5. Reports published in newspapers are based on mental health facilities and causes of mental illnesses.
6. Suicides, depression, anxiety related reports are prominence.
7. Schizophrenia is mentioned under severe mental illness.
8. gender discrimination, family discord and atrocities, early marriage, family obligations, parental expectations, high aspiration levels, lack of employment, poverty, loneliness, social distance etc. as reasons for deteriorating mental health of youth Has been exposed .

Empirical Observation

1. Clinical interview analysis

Analysis of clinical interview revealed the following facts:

The family, economic and social status of the youth was revealed through clinical interview. The social-family environment of the youth is the main reason for the mental problem. Family discord and tyranny, marriage at an early age, family responsibility, parental expectations, high aspiration level, lack of employment, poverty, loneliness, social distance are considered to be the cause of sadness, confusion, depression and stress.

Most of the youth have urged to keep the response confidential. During the clinical interview all the youth were found hesitant. Mental problems were found more among working women than non working women. Mental problems are more in the youth of urban environment than in rural environment.

2. Analysis of Mental Health Questionnaire

Table-01

Percentage of Mental Illness for Yes and No Response (N-80)

S.N.	Symptoms	Yes		No	
		Frequency	%	Frequency	%
1	Nervousness	35	44	45	56
2	Anxiety	39	49	41	51
3	Restless	27	34	53	66
4	Fear	33	41	47	59
5	Loneliness	27	34	53	66
6	Depression	33	41	47	59
7	Anger	28	35	52	65
8	Sadness	27	34	53	66
9	Stress	43	54	37	46
10	Insomnia	31	39	49	62

Table-01 is shown that 44% of the youth said that there is nervousness about something or the other. Anxiety has been found in 49%. Other symptoms such as restlessness, fear, loneliness, depression, anger, sadness, stress, insomnia have been found 34%, 41%, 34%, 35%, 34%, 54%, 39% respectively. Stress is burning problem in youth. 5 mental illness symptoms out of 10 are found above than 40%.

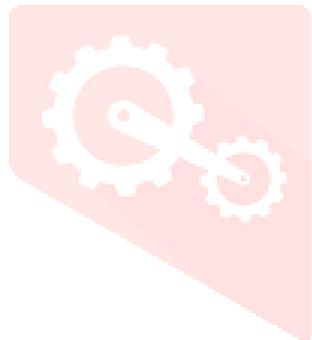


Table-02

Percentage of Mental Illness for Male and Female

S.N.	Symptoms	N	Gender	Yes		No	
				Frequency	%	Frequency	%
1	Nervousness	40	Male	16	40	24	60
		40	Female	19	48	21	52
2	Anxiety	40	Male	19	48	21	52
		40	Female	20	50	20	50
3	Restless	40	Male	15	38	25	62
		40	Female	12	30	28	70
4	Fear	40	Male	15	38	25	62
		40	Female	18	45	22	55
5	Loneliness	40	Male	16	40	24	60
		40	Female	11	28	29	72
6	Depression	40	Male	15	38	25	62
		40	Female	18	45	22	55
7	Anger	40	Male	16	40	24	60
		40	Female	12	30	28	70
8	sadness	40	Male	12	30	28	70
			Female	15	38	25	62
9	stress	40	Male	18	45	22	55
		40	Female	25	62	15	38
10	Insomnia	40	Male	17	43	23	57
		40	Female	14	35	26	65

Above table clear that there is nervousness about something or the other was found in 48% of female and 40% of male. Anxiety has been found in 50 % of female and in male, it is 48 %. Restlessness was found in 33% of male while female had 30%. 45% of female have fear of something or the other while 38% of male have a symptom of fear. Loneliness is more among male than female. 40% of male are experienced loneliness in this covid-19 times while it was 28% in female. 45% of the female are suffering from depression while 38% of the men have this symptom. It is also seen that male have anger 40% while females have 30%. Sadness Symptoms are found 30% in male while 38% are seen in females. Stress was found in 62% of the female for something or the other. This symptom was found in 45% of male. Sleep problems were found in 35% of female and 43% of male.

The study revealed that the overall 54 % people suffer from mental illness less or more.

The result obtained is similar to the news papers reports. The reason why all the youth were found hesitant during clinical interview is that even today, mental problems are seen as a stigma in the whole of India including Chhattisgarh. People do not want to discuss the mental problem openly. Economic and social problems of people have increased in Corona time. Social distance, isolation and fear dominate the lives of people. The effect of which is visible on mental health. Everyone acknowledged that their mental problems have increased during the corona time. People, who did not have any symptoms earlier, have been seen in the covid-19 time.

Conclusion The mental health status of the youth representing half the population is not good today. There is a need to reduce the severity of mental diseases through social, economic and mental support. Through mental health awareness, we can get some control over the deteriorating condition of mental health by motivating the youth to discuss this subject openly.

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