

Analysis of the impact of the Covid-19 pandemic on people's mental health

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ABSTRACT

The COVID-19 pandemic has had a major impact on physical health and psychological or mental health. The number of deaths that are increasing day by day due to the corona virus not only causes physical symptoms and illnesses, but also has a major impact on mental health. This study aims to determine what factors affect people's mental health and determine the effect of COVID-19 on people's mental health. This study is a systematic review using online databases namely Scholar, ScienceDirect, and ProQuest. The keywords used were Impact of the Covid-19, people's mental health. The selection process used the PRISMA protocol, resulting in 15 articles that met the inclusion criteria. The results of the review analysis revealed the impact of the pandemic on mental health, causing several disorders such as excessive fear and anxiety about anxiety for themselves and those closest to them; changes in sleeping and eating patterns, feeling depressed and having trouble concentrating; bored and stressed from being constantly at home, especially children; drug and alcohol abuse; and the emergence of psychotic disorders. COVID-19 has had a major impact on people's physical and mental health and alcohol abuse; and the emergence of psychotic disorders. COVID-19 has had a major impact on people's physical and mental health.

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INTRODUCTION

The Covid-19 pandemic has implications not only for physical health, but also for a person's mental health (Fiorillo & Gorwood, 2020). Various issues due to COVID-19 have been identified as new sources of public stress^{1,2,3}. Since the onset of Covid-19 in early 2020 (Liu et al., 2020), mental health has become a concern for many stakeholders in the healthcare sector⁴. Many Covid-19 (Bhatia, 2021) patients show symptoms of depression, anxiety and post-traumatic stress while in hospital and in isolation at home. Several COVID-19 mental health studies have found that (Mohamed & Yousef, 2021) negative thoughts and experiences are associated with prolonged isolation^{5,6,7} (Hogh et al., 2012).

The social restrictions due to the pandemic require that every individual adapt to new habits, a situation that may be for many people very different from before (Donthu & Gustafsson,

2020). Situations that are not easy, especially in the midst of conditions full of uncertainty, give rise to feelings of anxiety, fear, depression, confusion, boredom, frustration, and stress 8 (Kabat-Zinn & Hanh, 2009). Mental conditions become more vulnerable to loneliness and mental health decline during the COVID-19 pandemic⁹ (Aborode et al., 2022). Loneliness is a crucial stressor, because it has a major impact on the physical and mental well-being of adolescents¹⁰ Loneliness causes feelings of unloved (Weinberg et al., 1995), helpless, worthless, dependent, and abandoned. Long-lasting feelings of loneliness can even be a long-term predictor of mental health problems¹¹ (Wood, 2007). This anxiety makes the pain that is felt stronger, causing irregular sleeping and eating times (Carney et al., 2009). Psychological symptoms can interfere with daily life so that a person becomes less focused on his work (Folkman et al., 1986). There are also mental problems that come from unstable economic problems that bring continuous anxiety and fear of survival in the midst of the COVID-19 pandemic (Das, 2020). The whole initial problem experienced by most ordinary people and health workers is a feeling of anxiety which can later be manifested into various kinds of mental health disorders¹³ (Li & Liu, 2013). Another aspect that can trigger mental health disorders is stigma and discrimination against infected people and health workers who are on the front line¹⁴ (Organization, 2002). In Indonesia, stigma and discrimination are real (Fauk et al., 2021).

The forms of perceived stigma and discrimination are avoiding and closing doors when meeting health workers (Hanafiah & Van Bortel, 2015), being kicked out of their homes, being ostracized, prohibited from using public facilities, prohibited from marrying them, and threats such as being divorced by a partner (Sharma, 2015). Of the various impacts that occurred during the COVID-19 pandemic (Al-Quteimat & Amer, 2020), the purpose of this systematic review is to determine the impact of the Covid-19 pandemic on people's mental health (Muller et al., 2020). Namely avoiding and closing the door when meeting health workers, being expelled from their residence, being ostracized, prohibited from using public facilities (Beckett & Herbert, 2009), prohibited from marrying them, and threats such as being divorced by a partner (Stevenson & Wolfers, 2007). Of the various impacts that occurred during the COVID-19 pandemic, the purpose of this systematic review is to determine the impact of the Covid-19 pandemic on people's mental health (Muller et al., 2020). namely avoiding and closing the door when meeting health workers, being expelled from their residence, being ostracized, prohibited from using public facilities (Schulze & Angermeyer, 2003), prohibited from marrying them, and threats such as being divorced by a partner (Romano, 2003). Of the various impacts that occurred during the COVID-19 pandemic, the purpose of this systematic review is to determine the impact of the Covid-19 pandemic on people's mental health (Gianfredi et al., 2021).

RESEARCH METHOD

Database searches include Google Scholar, Science Direct, and Proquest with keywords impact of Covid-19 on mental health. The next stage is to select articles according to the criteria, which are published in 2020-2022 with full text. In preparing the Preferred Reporting Items for Systematic Reviews and Meta Analysis (PRISMA) the articles that have been found are then synthesized and analyzed according to the inclusion and exclusion criteria (Brown et al., 2022). The inclusion criteria in this systematic review are the impact of the Covid-19 pandemic on people's mental health. Research can provide information about COVID-19 and mental health. While the exclusion criteria in this systematic review are articles that do not describe the impact of the Covid-19 pandemic on mental health. The search for articles began in August 2022 with keywords that had been determined by the researcher. The articles found by the researchers were selected according to the inclusion and exclusion criteria, with the keywords the impact of the Covid-19 pandemic on mental health. The researcher deletes the published articles, examines the articles that meet the criteria and groups them according to the research results to proceed to the discussion (Nguyen et al., 2022).

RESULTS AND DISCUSSIONS

An initial literature search found 41 articles (Google Scholar 15 articles, Science Direct 21 articles, Proquest 5 articles) 26 articles were issued out of sync with the topic of discussion and did not discuss COVID on mental health. Only 15 full text articles met the criteria as listed in Figure 1.

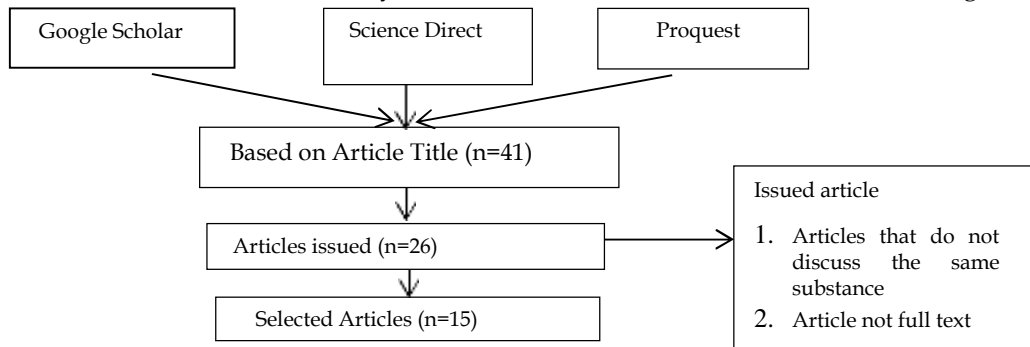


Figure 1. Flow diagram and article selection

The results of 15 articles showed that the impact of the Covid-19 pandemic on mental health was obtained by analyzing research articles on the impact of the Covid-19 pandemic on mental health in general.

Table 1. Analysis of the Impact of the Covid-19 pandemic on mental health

No	Title, author, year	Results
1	Analysis of the Effect of Covid-19 on Public Mental Health in Indonesia. Nasrallah, & Sulaiman. 2021 ¹⁵	This study found that COVID-19 had a major impact on the physical and mental health of people in Indonesia. Factors that affect people's mental health are economic recession, social distance and isolation factors, as well as stress and trauma to health workers.
2	The Effect of the Covid-19 Pandemic on Mental Health Ria Oktaviany.2021 ¹⁶	The results of the study obtained that there was a relationship between the Covid-19 pandemic on mental health such as fear, worry and stress. The Covid-19 pandemic has disrupted mental health, especially teenagers.
3	Early Detection of Mental Health Due to the Covid-19 Pandemic at Unnes Sex Care Community through the Self Reporting Questionnaire Method Iqbal & Rizqulloh.2021 ¹⁷	The research results are known . In the last 30 days, 63.6% of respondents reported experiencing mental health problems, 59% felt nervous, anxious or 50% had trouble sleeping, 50% had difficulty thinking clearly, 50% felt tired all day. time and 9% of respondents had thoughts of ending their life.
4	The Mental Health Impact of the COVID-19 Pandemic: Implications for Sub-Saharan Africa Semo, 2020 ¹⁸	The impact of COVID-19 on mental health in sub-Saharan Africa could be immense, given the weak health care systems. Similar to the Ebola epidemic of 2014-2016, COVID-19 is expected to cause anxiety, depression and post-traumatic stress disorders. The uptake of mental health care services is generally low, and communities rely on social resources. Hence, efforts to control disease transmission should be contextualized. Low digital literacy, low smartphone penetration and limited internet connection make online mental health services a limited option for service delivery. Safeguarding social and cultural resilience factors and coping mechanisms is critical in the sub-Saharan African context.
5	Critical Review on Impact of COVID 19 and Mental Health. Gawai et al,2020. ¹⁹	The physical and social distancing has as social isolation. The self-quarantine has led many to anxiety, depression, mood changes, insecurity, low self-esteem and post-traumatic stress disorder
6	Mental health implications of COVID-19 pandemic and its	The major mental health issues reported were stress, anxiety, depression, insomnia, denial, anger and fear. Children and older

<p>response in India</p> <p>Adrija Roy et al, 2021.²⁰</p>	<p>people, frontline workers, people with existing mental health illnesses were among the vulnerable in this context. COVID-19 related suicides have also been increasing common. Globally, measures have been taken to address mental health issues through the use of guidelines and intervention strategies.</p>
<p>7 The Effect of COVID-19 on Youth Mental Health</p> <p>Liang,2020.²¹</p>	<p>Results of this study suggest that nearly 40.4% of the youth group had a tendency to have psychological problems. Thus, this was remarkable evidence that infectious diseases, such as COVID-19, may have an enormous influence on youth mental health. Therefore, local governments should develop effective psychological interventions for youth groups, moreover, it is important to consider the educational level and occupation of the youth during the interventions.</p>
<p>8 Mental Health Impacts of the COVID-19 Pandemic on International University Students, Related Stressors, and Coping Strategies</p> <p>Lai et al, 2020.²²</p>	<p>A total of 124 full-time international university students (36.3% male) were included: 75.8% had returned to their home country or region for reasons related to COVID-19; 77.4% were pursuing a bachelor's program, and 53.2% were in programs with practicum component. 84.7% of all students had moderate-to-high perceived stress, 12.1% had moderate-to-severe symptoms of anxiety and depression, and 17.7% had moderate-to-severe symptoms of insomnia. Compared with returnees, stayers had significantly higher stress from COVID-19-related stressors such as personal health and lack of social support (Cohen's d: 0.57-1.11), higher perceived stress [10-item Perceived Stress Scale (PSS-10)] [22.6 ± 6.2 vs. 19.1 ± 6.1, [95% confidence interval (CI): 4,039 (0.816, 7.261), Cohen's d: 0.52], and more severe insomnia symptoms [Insomnia Severity Index (ISI)] [11.8 ± 6.1 vs. 7.6 ± 5.2, (95% CI): 3.087 (0.262, 5.912), Cohen's d: 0.45], with moderate-to-large effect sizes.</p>
<p>9 coping review of mental health in prisons through the COVID-19 pandemic</p> <p>Jonson et al, 2021 ²³</p>	<p>Of 647 articles found, 83 were eligible for inclusion, the majority (58%) of which were opinion pieces. The articles focused on the challenges to prisoner mental health. Fear of COVID-19, the impact of isolation, discontinuation of prison visits and reduced mental health services were all likely to have an adverse effect on the mental well-being of imprisoned people.</p>
<p>10 Descriptive Study on the Psychological Impact of Covid-19 on Jambi Society</p> <p>Herlambang et al, 2021 ²⁴</p>	<p>The results of this study indicate that there are several impacts of Covid-19 on the psychological condition of the Jambi people, including; anxiety, stress, fear, feelings of depression, and panic. Some of the causes of people experiencing stress and psychological problems are not being able to move, learning is hampered, lots of hoax news, economic problems, disrupted worship, boredom, increasing positive cases, fear of contracting Covid-19, and not being able to refresh.</p>
<p>11 The COVID-19 Pandemic and Mental Health Policy Challenges in Indonesia</p> <p>Febriyanti, et al 2022, ²⁵</p>	<p>Mental health policies in Indonesia must optimize the integration of mental health services. A community-based approach can expand the scope of mental health services during the COVID-19 pandemic. Governments should integrate mental health services into community-based services as a way to ensure universal coverage of mental health services. The participatory and bottom-up empowerment model is a rational choice, to overcome the problem of resources and stigma as barriers to the success of mental health programs in Indonesia.</p>
<p>12 Impact on mental health care and on mental health service users of the COVID-19 pandemic: a mixed methods survey of UK mental health care staff</p> <p>Johnson 2022. ²⁶</p>	<p>Results: 2,180 staff from a range of sectors, professions, and specialties participating. Staff had specific concerns about many groups of service users, including people whose conditions are exacerbated by pandemic anxieties and social disruptions; people experiencing loneliness, domestic abuse, and family conflict; those unable to understand and follow social distancing requirements; and those who cannot engage</p>

		with remote care.
13	Mental health impact of the first wave of COVID-19 pandemic on Spanish healthcare workers: A large cross-sectional survey Alonso et al,2021. ²⁷	Results 9,138 healthcare workers participated. Prevalence of screen-positive disorder: 28.1% MDD; 22.5% GAD, 24.0% Panic; 22.2% PTSD; and 6.2% SUD. Overall 45.7% presented any current and 14.5% any disabling current mental disorder. Workers with pre-pandemic lifetime mental disorders had almost twice the prevalence than those without. Adjusting for all other variables, odds of any disabling mental disorder were: prior lifetime disorders (TUS: OR=5.74; 95%CI 2.53-13.03; Mood: OR=3.23; 95%CI:2.27-4.60; Anxiety: OR=3.03 ; 95%CI: 2.53-3.62); age category 18-29 years (OR=1.36; 95%CI:1.02-1.82), caring "all of the time" for COVID-19 patients (OR=5.19; 95%CI: 3.61-7.46), female gender (OR = 1.58; 95%CI: 1.27-1.96) and having being in quarantine or isolated (OR= 1.60; 95CI:1.31-1.95).
14	Impact of COVID-19 on the mental health of US college students Lee et al 2021. ²⁸	Our results indicate that students closer to graduating faced increases in anxiety (60.8%), feeling of loneliness (54.1%), and depression (59.8%). Many reported worries for the health of loved ones most impacted their mental health status (20.0%), and the need to take care of family most affected current and future plans (31.8%). Almost one-half of students took to exercise and physical activity to take care of their mental health (46.7%). While a third did not have strained familial relationships (36.5%), almost one half did (45.7%). A majority found it harder to complete the semester at home (60.9%), especially among those who had strained relationships with family (34.1%).
15	Impact of COVID-19 outbreak on the mental health status of undergraduate medical students in a COVID-19 treating medical college: a prospective longitudinal study Saraswathi, et al 2021 ²⁹	The average scores of depression, anxiety, and stress during the baseline survey were 7.55 ± 7.86, 4.6 ± 6.19 and 7.31 ± 7.34 with the prevalence (95% CI) of 33.2% [27-39.9%], 21.2% [16-27.2 %] and 20.7% [15.5-26.7%]; in the follow-up survey, the mean scores were 8.16 ± 8.9, 6.11 ± 7.13 and 9.31 ± 8.18 with the prevalence being 35.5% [29.1-42.2%], 33.2% [27-39.9%] and 24.9% [19.3-31.2%] for depression, anxiety, and stress respectively. There was a significant increase in both the prevalence and levels of anxiety and stress (P < 0.001), with depression remaining unchanged during COVID-19, irrespective of gender, year of study, place of residence and family's monthly income. Poor sleep quality, higher levels of baseline depression, anxiety, and stress, higher COVID-19-GA, COVID-19 patients in family/friends and direct interactions with COVID-19 patients were found to be significant predictors of negative mental health in undergraduate medical students. COVID-19-AA was not significantly associated with depression, anxiety, and stress.

Discussion

During the COVID-19 pandemic, not only Negative effects on physical health It's also about mental health, especially among vulnerable groups. The results of the systematic review revealed various effects of Covid-19 on people's mental states, including anxiety, stress, anxiety, depression and feelings of panic. Identify mental health disorders During a pandemic, that is mood swings and behavior, depression, anxiety, and insomnia. On the other hand, the effects of COVID-19 have suddenly made it difficult for people to adapt and cause stress to the point of trauma. The sheer volume of news and information about the spread of COVID-19 seems frightening, making people anxious and worried. The relationship between the Covid-19. Pandemic and mental health such as anxiety, worry and stress. Factors affecting people's mental health include economic recession, social distancing and isolation, and stress and trauma among healthcare workers. The Covid-19 pandemic has affected mental health, especially among teens. In addition, most people practice self-discipline, reduce physical contact, isolate and self-isolate at home, so they feel lonely.

Loneliness has been found to have significant negative effects on mental health. This indicates that high levels of loneliness can reduce mental health. Long-lasting feelings of loneliness may even be a long-term predictor of mental health problems¹¹ This is of particular relevance in the context of the COVID-19 pandemic, due to school closures (learning from home) and physical distancing practices that limit direct social interaction³⁰. The impact of loneliness on an individual's mental health during the COVID-19 pandemic found that high levels of loneliness were strongly associated with increased depression and suicidal ideation³¹. Pandemic-induced loneliness is closely associated with high levels of psychological stress and a low quality of life. The structural model in this study supports the mediating role of loneliness on the effects of family relationships and online friendships on mental health. These results are consistent with previous studies describing loneliness as a mediator between family functioning (adjustment and cohesion) and mental health in the context of the COVID-19 pandemic. Multiple studies confirm that young people are at higher risk for mental health problems, ³³. The psychological impact of the pandemic and higher levels of stress, anxiety and depression. Insecurity and its possible negative impact on academic progress can negatively impact mental health³⁴. Several studies on mental health during the COVID-19 pandemic have found that women are consistently associated with a higher risk of mental health problems³⁵. As COVID-19 continues to spread, women experience higher levels of mental distress, stress, anxiety and depression^{36,37}.

CONCLUSION

COVID-19 has had a major impact on people's physical and mental health. the impact of the pandemic on mental health, causing several disorders such as excessive fear and anxiety about anxiety for themselves and those closest to them; changes in sleeping and eating patterns, feeling depressed and having trouble concentrating; bored and stressed from being constantly at home, especially children; drug and alcohol abuse; and the emergence of psychotic disorders.

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