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Key Mental Health Challenges Faced by Covid-19 Warriors

Divya Bharathi Bhandari
Healing Dove Foundation

Abstract: The emergence of Covid-19 has led to a drastic change in the world. The purpose of the study is aimed to analyze the psychological problems faced by the Covid-19 warriors. The focus of the study is narrowed to understand the problems faced by doctors, nurses and police.

I. INTRODUCTION

A novel coronavirus (CoV) named '2019-nCoV' or '2019 novel coronavirus' or 'Covid19' by the World Health Organization (WHO) is in charge of the current outbreak of pneumonia that began at the beginning of December 2019 near in Wuhan City, Hubei Province, China. The Covid-19 is a pathogenic virus and spreads by dust particles and fomites while close unsafe touch between the infector and the infected individual (Simon, Nilanjan, Jyotismita, 2020). Across the world, pain treatment centers have closed their doors. Because of the Covid-19 pandemic, healthcare providers are abruptly changing their care delivery to protect patients and staff from infection and to reallocate resources towards the greatest acute needs. Elective, routine, and nonemergency casework has stopped in secondary and tertiary centers, while in primary care, patients are requested to stay away or "socially distance," and in residential care facilities and hospices, strict isolation and separation protocols have been introduced (Eccleston et al, 2020). This outbreak is leading to additional health problems such as stress, anxiety, depressive symptoms, insomnia, denial, anger and fear globally. Collective concerns influence daily behaviors, economy, prevention strategies and decision-making from policy makers, health organizations and medical centers, which can weaken strategies of Covid-19 control and lead to more morbidity and mental health needs at global level (Torales et al, 2020).

The following are some of the key challenges faced by the Covid-19 warriors:-(Vani, Debanjan, 2021).

1) Anxiety, depression, and posttraumatic stress symptoms
2) Poor coping strategies issues of being in isolation and quarantine
3) Physical and mental fatigue
4) Stress and loneliness
5) Risk of moral injury
6) Public stigma, discrimination, and self-stigma
7) Worry and responsibilities about loved ones
8) Possible guilt for spreading infection
9) Uncertainties in the workplace and future

II. LITERATURE REVIEW

Doctors who were working during the pandemic had high prevalence of psychiatry morbidity (Sheshadri et al, 2020). Not only doctors, Health care workers suffer from insomnia, anxiety, depression, burnout, stress related disorders. Mediated to a large extent by bio psychological vulnerabilities, social environmental factors (Snehil, Swapnajeet, 2020). On the other side, The mental health issues faced by police are not acknowledged, as they are facing high rates of mental trauma due to increased shifts, restless nights and working in an open environment without proper protection (Sandeep Grover et al, 2020). Health care professionals deployed in emergency care units are more prone to be infected with this disease. Many health care, non health care professionals have lost their lives in an unexpected manner (Shreya et al, 2021). Amidst increased cases of Covid-19 the violence of public exponentially raised and the attacks on healthcare workers affected the psycho-social health of Frontline warriors where the health system as a whole has been under extreme pressure (Manoj, Rajni, 2020). As the lockdown is continuously increasing the levels of anxiety, depression, distress, and reduced sleep quality is highly affecting health-care workers. Moreover, the raised financial distress i.e. pay cuts, job insecurity etc. Is leading to affect their physical and mental health (Varsha, Ashish, 2020).

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A. Problem Statement

The Frontline warriors are facing a lot of trouble and trauma since the beginning of pandemic. The following are some the specific problems faced by the Frontline warriors:- • Lack of PPE and other safety equipment's.

1) Increased rate of violence's in hospitals against doctors and healthcare workers.
2) Increased rate of vulnerability and social stigma.
3) No proper protection kit is available for policemen.
4) Increased shifts for doctors, nurses and police.

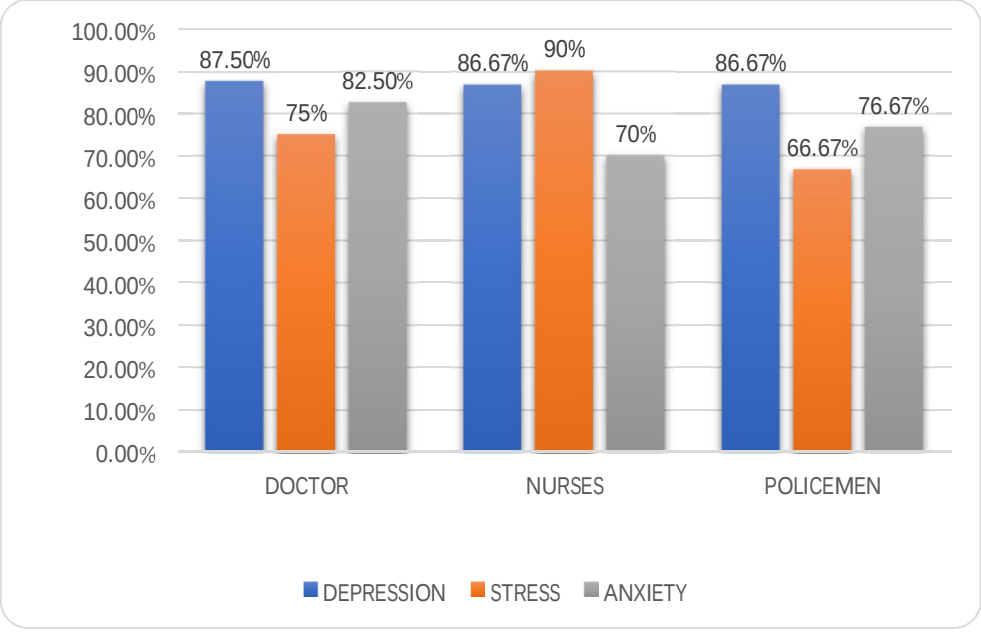
B. Objective of the Study

The study is aimed to systematically assess the impact of Covid-19 on health and safety care providers, specifically to understand the different key mental health challenges faced by the Frontline warriors and to appraise the level of impact of physical and social environment effects on their mental health. And to discover the appropriate solutions for the mental health challenges faced by them.

III. DATA COLLECTION, ANALYSIS AND INTERPRETATION

In order to identify the mental health challenges faced by the Covid-19 warriors. The data was collected from 100 different samples of varied professions i.e. Doctors, Police, and Nurses. The data was eventually collected using primary data collection tools i.e. Telephonic Interview and Questionnaire. The Google scholar and Google search engine were used as secondary sources for searching different articles, research papers etc.

PROFESSION	DEPRESSION	STRESS	ANXIETY
DOCTOR	87.50%	75%	82.50%
NURSES	86.67%	90%	70%
POLICEMEN	86.67%	66.67%	76.67%



The data collected from 40 doctors revealed that 35 doctors are depressed due to increasing cases of Covid-19, lack of public cooperation and misbehavior by patients in the hospitals. 30 doctors said that they are stressed due to increased shifts of Covid-19 duty, burden of looking after the patients with other diseases, lack of personal time etc. 33 doctors disclosed that they are facing anxiety issues of infecting their loved ones and themselves. The data collected from 30 Nurses revealed that 26 Nurses are depressed due to increased violence of public in hospitals and rude behavior of the patients.

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27 Nurses are stressed due to increased shifts, pay cuts and lack of balancing their professional and personal lives. 21 Nurses are anxious about infecting themselves and their families. The data collected from 30 policemen revealed that 26 policemen are depressed due to increased roaming of public on roads, not obeying the rules and regulations of lockdown. 20 policemen reported that they are stressed due to increased standing on roads without proper protection kit, controlling public traffic. And 23 policemen revealed that they are anxious about infecting their families and loved ones. Hence, the data collection tools i.e. questionnaires and telephonic interviews revealed that 95% of the samples rated themselves for all the three psychological problems and so it can be concluded that Depression, Anxiety and Stress are the key mental challenges for the Frontline warriors.

IV. FINDINGS OF THE STUDY

From the data collection techniques it can be analyzed that the impact of the social environment is the main root cause for the increased levels of depression, anxiety and stress among the Frontline warriors. Majority of the samples revealed that "fear of infecting themselves and their families" is the main cause for anxiety issues. "Lack of public cooperation, misbehavior and vulnerability" is the main cause of depression. And "Increased working hours/work shifts" is the main reason for stress.

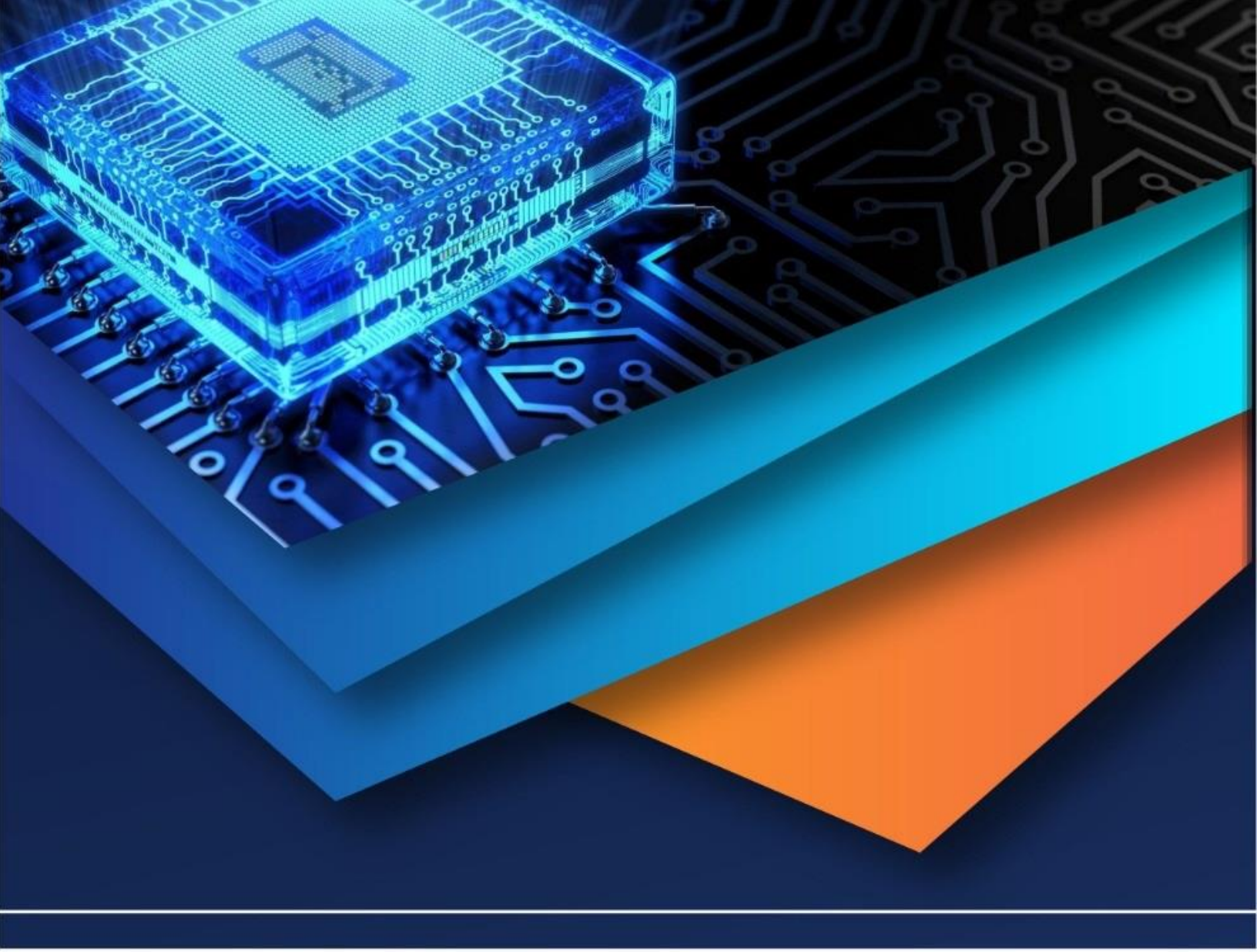
V. CONCLUSION

Therefore, the study reveals that depression, anxiety and stress are the major mental health challenges faced by doctors, nurses and policemen. Among them, 87.5% of the doctors are depressed, 75% are stressed and 82.5% are anxious. In the case of nurses, 86.67% are depressed, 90% are stressed, 70% are anxious. And in the case of policemen, 86.67% are depressed, 66.67% are stressed, and 76.67% are anxious. All these percentages indicate a high amount of stress, depression and anxiety issues among the Frontline warriors. So the mental health of these warriors can be improved by conducting daily or weekly training sessions with Psychiatrists. With proper medications, psychological exercises etc. The mental health of these warriors can be positively accelerated. And it's advisable that the hospitals, police authorities etc. Should introduce mandatory rules for attending Psychiatry training sessions to the Frontline warriors. Which ultimately helps to reduce the mental health challenges and enhances their livelihood.

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