

**STUDY ON PSYCHO-SOCIAL PROBLEMS OF COVID-19 AFFECTED YOUNG  
ADULTS LIVING IN MADAKASIRA TOWN OF ANANTAPURAM DISTRICT  
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**Abstract:**

The threat of Covid-19 pandemic was very severe and entire world was placed on lockdown and government imposed social restrictions, quarantine, and self-isolation had detrimental impact on peoples psycho-social health due to increased loneliness, distrust, and reduced social interaction. It interfered with daily functioning and disturbed plan for the future. They confronted with number of new challenges, experienced lack of emotional support, making arrangement for hospital stays and appointments all these made vulnerable. The Covid pandemic made individual to perceive fear, stress, anxiety, depression, dissatisfaction. Poor psycho-social aspects is all about not feeling optimistic about self, not being able to form good relations and unable to be flexible to cope up. The main focus of the study was to swot on “Study on psycho-social problems of covid-19 affected young adults living in Madakasira town of Anantapuram district Andhra Pradesh”. Purposive random sampling technique was selected for the study. The respondents were selected from Madakasira urban area of Anantapuram district, Andhra Pradesh. Male and Female who are in the age group of 18-35 years affected with covid-19 will be selected for the study. The group consists of 30 covid-19 affected young adults of 15 males and 15 females from Madakasira town for the study. Covid-19 psycho-social problems questionnaire was developed by the researcher with the guidelines of subject experts it was pre-tested to other sample before going to actual sample. The study found that effects of pandemic on one's psycho-social health people's behavior may greatly affect the pandemic's dynamic by altering the severity, transmission, disease flow, and repercussions. The situation requires raising awareness in public, which can be helpful to deal with the calamity. With adequate support and timely intervention, young people experiencing psycho-social distress may be able to bounce back as individual to recover from the Covid-19 crisis. Psychosocial preparedness by setting up mental organizations specific for future pandemics is certainly necessary.

Keywords: Psycho-social problems, Covid-19, Young adults

## **Introduction:**

Covid-19 pandemic has smashed the world in every aspect. It is expected that the post pandemic environment effects the psycho-emotional disorders in the whole world. (Caroline Stamu O'Brien *et al.*, 2020)

Covid-19 pandemic made individuals to suffer with the effects of psychological and social consequences. The groups including elders, children, college students, and health workers, are more prone to develop post-traumatic distress.

Isolated contacts affect the association among the individuals and insightness of sensitivity towards others. Covid-19 is highly infectious nature where not only affected person but other family members also should be very conscious and careful. This situation has created lot of stress, anxiety, depression ultimately effecting mental health of the family members. Since the patients are isolated and quarantined they feel loneliness, guilt, lack of socialization etc. which is leading to psychosocial problems especially in young adults who are in productive age. Reduction of psycho-social disorders and protecting the mental health of the people by developing appropriate preventive and intervention models is the need of the hour.

The term “psychosocial” has a broad meaning when considering health research and social epidemiology. It is formed from two words: psychological and social. Psychological factors can be positive such as happiness, affect, and vitality, or negative, such as anxiety, perceived stress, and depressive symptoms. These can also be split to distinguish between trait and state aspects. Personality traits, depressive factors, well-being, quality of life, and the impact of significant life events and trauma are less likely to fluctuate on a day to day basis (i.e., more trait-like or stable variables) whereas anxiety, perceived stress, mood, affect, happiness, and

vitality are more unstable (i.e., more state-like). Furthermore cognitive, behavioral, and affective facets within psychosocial factors can be identified. For example, someone may think about.

Psychosocial problems refer to the difficulties faced by the young adults in different areas of personal and social functioning. Young people are vulnerable to psychosocial problems because of physical and physiological changes that occur in their body during this developmental stage.

Social factors include general factors at the level of human society concerned with social structure and social processes that impinge on the individual. Psychological factors include individual-level processes and meanings that influence mental states. Sometimes, these words are combined as “psychosocial.” This is short hand term for the combination of psychological and social, but it also implies that the effect of social processes is sometimes mediated through psychological understanding (Stansfeld & Rasul, 2007).

The relationship between psychological factors and the physical body can be influenced by social factors, the effects of which are mediated through psychological understanding. Examples of psychosocial factors include social support, loneliness, marriage status, social disruption, bereavement, work environment, social status, and social integration.

Psycho-social problems such as behavioural, emotional, and educational problems are highly prevalent among children and young people (S. A. Reijneveld *et al.*, 2003). Young people are vulnerable to psychosocial dysfunction when they suffer from physical injuries, psychological trauma, or major changes in their environments especially in the absent of strong support system (H. D. Pratt 2003).

Young period is a critical time for developing good mental health (R. C. Kessler 2005). Mentally healthy adolescents enjoy a positive quality of life; are free of symptoms of psychopathology; and function well at home, in school, and in their communities.

Psychosocial intervention effectively helps in creating mental establishments and preparedness to cope up and face the pandemics and other crisis situations in future. A research confessed that age group of 21 to 35 years were prone lot to psychological health disorders due to this epidemiological crisis. (Vaijyanthee Anand *et al.*, 2021).

### Methodology:

The main focus of the study was to swot on “Study on psycho-social problems of covid-19 affected young adults living in Madakasira town of Anantapuram district Andhra Pradesh”. Purposive random sampling technique was selected for the study. The respondents were selected from Madakasira urban area of Anantapuram district, Andhra Pradesh. Men and Women who are in the age group of 18-35 years affected with covid-19 were selected for the study. The group consists of 30 covid-19 affected young adults of 15 men and 15 women from Madakasira town for the study.

### Results and Discussion:

It includes two dimensions such as psychological and social problems. Psychological problems include fear, irritation, phobia, anxiety, lack of uncertainty, hesitation, depression, unhappy, distress, aloneness, bitter, insecurity, self-distrust, self-doubt, misgiving etc. Social problems include lack of interest, disgrace, dishonor, loss of liberty, ignominy, insufficient support from friends/relatives/neighbours etc.

**Table 1 Distribution of psycho-social problems among urban respondents**

(n=30)

Area	Category	Male (n=15)		Female (n=15)		Total (n=30)	
		F	%	F	%	F	%
Psychological	Mild	1	7	1	7	2	7

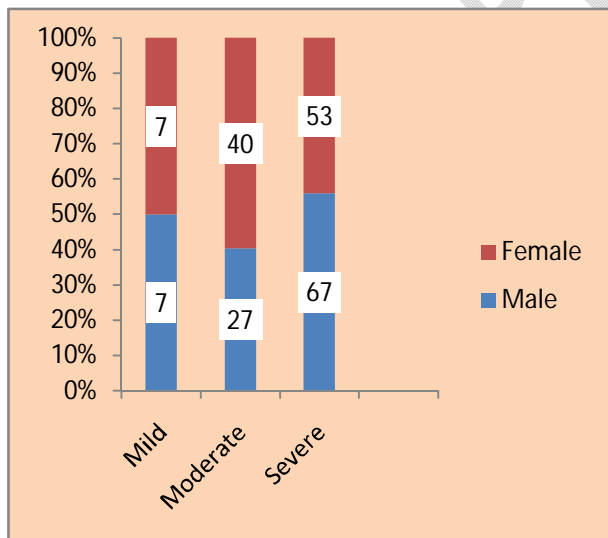
<b>problems</b>	Moderate	4	27	6	40	10	33
	Severe	10	67	8	53	18	60
<b>Social problems</b>	Mild	1	7	0	0	1	3
	Moderate	2	13	1	7	3	10
	Severe	12	80	14	93	26	87
<b>Overall psycho-social problems score</b>	Mild	1	7	1	7	2	7
	Moderate	4	27	3	20	7	23
	Severe	10	67	11	73	21	70

Psychological problems includes fear, frustration, panic behaviour, loneliness, tiredness, gradual reduction in work output, hopelessness, anger, confusion, denial, insomnia, despair, suicidal thoughts, substance abuse, isolation, lack of self-confidence, low self-worth, throwing temper tantrums. It was observed from the table (1) that 67 percent of the male respondents faced severe psychological problems followed by 27 percent faced moderate and 7 percent faced mild psychological problems. Whereas more than fifty percent (53 percent) of the respondents faced severe problems followed by 40 percent faced moderate and 7 percent faced mild psychological problems.

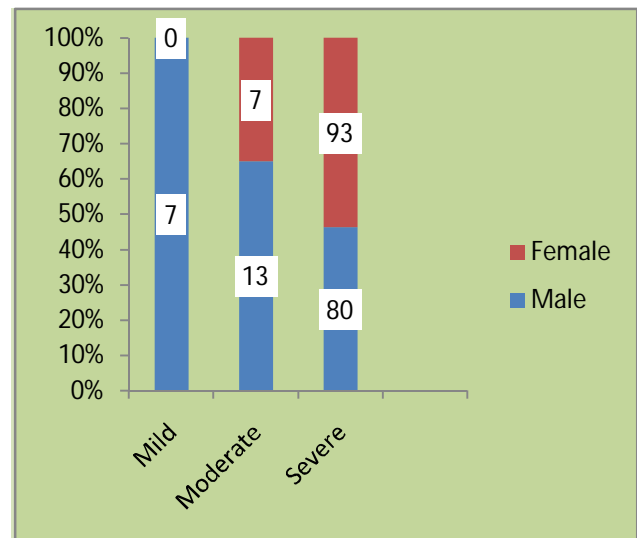
Social Problems includes boredom, lack of social support from friends/relatives/neighbours, lowered resilience, social stigma and discrimination, intemptation of social necessities, suspicious and avoidant behaviour, loss of freedom. Social Problems

includes boredom, lack of social support from friends/relatives/neighbours, lowered resilience, social stigma and discrimination, intemptation of social necessities, suspicious and avoidant behaviour, loss of freedom. 80 percent of the male respondents faced severe social problems followed by 13 percent faced moderate and 7 percent faced mild social problems. Whereas female respondents (93%) faced severe social problems followed by 7 percent faced moderate social problems.

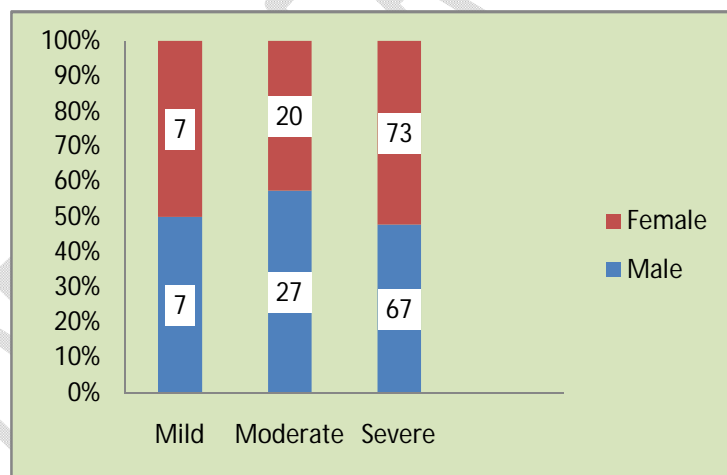
Psycho-social problems include psychological and social problems experienced by individual like, loss of financial and social status, fear of death, feeling of insecurity, loneliness, ill health, depression, conflicts with family members and decreasing participation in family and society's functions and ceremonies. The overall psycho-social problems of the respondents indicates that 67 percent of the male respondents faced severe psycho-social problems followed by 27 percent faced moderate psycho-social problems and 7 percent faced mild psycho-social problems. Whereas 73 percent of the female respondents faced severe psycho-social problems followed by 20 percent faced moderate and 7 percent faced mild psycho-social problems. Irrespective of gender both male and female respondents faced severe psycho-social problems and female respondents suffered more with psycho-social problems compared to males.



**Figure 1 Distribution of urban respondents based on psychological problems**



**Figure 2 Distribution of urban respondents based on social problems**



**Figure 3 Distribution of urban respondents based on overall psycho-social problems**

**Conclusion:**

The psychosocial approach looks at individuals in the context of the combined influence that psychological factors and the surrounding social environment have on their physical and

mental wellness and their ability to function. This approach is used in a broad range of helping professions in health and social care settings as well as by medical and social science researchers. Adolf Meyer in the late 19th century stated that; "It cannot understand the individual presentation of mental illness, and perpetuating factors without knowing how that person functions in the environment." Psychosocial assessment stems from this idea. The relationship between mental and emotional wellbeing and the environment was first commonly applied by Erik Erikson in his description of the stages of psychosocial development.

The studies concluded that increased social isolation, fear, stigma, abuse and economic fallout associated with Covid-19 pandemic there has been an increased risk of psychiatric disorders, chronic trauma with an eventual risk of increased suicidality and suicidal behavior linking this to immune mediated mechanisms of stress. For better dealing with these psychosocial issues of different strata of the society, psychosocial crisis prevention and intervention models should be urgently developed by the government, health care personnel and other stakeholders. Apt application of internet services, technology and social media to curb both pandemic and infodemic needs to be instigated. Psychosocial preparedness by setting up mental organizations specific for future pandemics is certainly necessary.

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