

Original Research Article

To assess the psychological impact (stress and anxiety) of social media on quarantine people related to covid 19.

ABSTRACT

Need of study: The quarantine would impact day-to-day employees and companies with daily profits. Confining abnormally reduced social and physical contact with others whereas loss of habits is direct links to distress, monotony, social isolation and disappointment. Hence the investigator plans to assess the effect of social media on the mental health of quarantined people related to covid-19. **Objectives:** To assess the psychological impact (stress and anxiety level) on quarantine people. **Methodology:** The study was based on an evaluative approach. The population was about all adults, above 18 – 60 years of age who were quarantined. The sampling technique used in the study was probability convenient sampling and the tool was PSS scale and GAD-7 checklist. The data gathering process began based on the objectives and the hypothesis the data were statistically analyzed with various tests such as descriptive statistics and inferential statistics. **Result:** The majority 60% of the subjects had moderate level of stress regarding social media on quarantine people due to covid-19 and 91% of subjects had mild anxiety regarding social media. **Conclusion:** Research study concludes that clients of the community were suffered from stress and anxiety during the covid pandemic as per their occupation and lack of knowledge regarding stress and anxiety management brought result in increasing disturbance in performing a daily activity with an increase in the death rate due to overuse of social media.

Keywords: Psychological impact, Stress, Anxiety, social media, Quarantine people

INTRODUCTION

Corona viral disease 2019 (COVID-19) is a new virus in a family of viruses alongside existing viruses, such as (SARS-CoV). These viruses are responsible for infections ranging

from cold to more serious diseases such as pneumonia, SARS, insufficient renal problems and sometimes mortality (3%–5%).¹

The 2019 Corona Virus Disease (COVID-19) has had a worldwide psychosocial impact due to public hysteria, economic burden, and financial losses, in addition to its high infectivity and death rates. The widespread fear of COVID-19, dubbed "corona mental illness," resulted in a slew of mental manifestations in people from all walks of life. As a result, this study was conducted to determine COVID-19's psychosocial impact.²

At first, the COVID-19 epidemic led to an increased worry & panic among individuals as all were cleared of fears of infection. While in cases of disease breakout a high anxiety reaction may normally be expected, many people who suffer from previous angst, associated disorders, and worsening symptoms have encountered.

Confinement, abnormally limited physical interaction with others, and loss of habits are all linked to stress, restlessness, social isolation, and frustration.³

Hence the investigator planned to assess the mental effects of social media on quarantine people of rural areas due to COVID 19 in Wardha city is very essential to know about the psychological status of people and give intervention on that to prevent that impact. This is a need for a study to conduct on this topic.

Methodology

This thesis used an evaluative testing methodology with a non-experimental descriptive research design on 100 quarantined people above 18 years in Sarud and Mamdapur, Taluka-Deoli, District-Wardha were selected by using a probability sampling technique. This study included those who are quarantined due to COVID 19 and present at the time of the study. The demographic Performa and a standardized checklist on assessing the level of stress and anxiety with a formal teaching program in this research.

The investigator obtained permission from the concerned authorities of Smt. Radhikabai Memorial College of Nursing and the Sarpanch of the village Sarud and Mamdapur respectively. Informed consent is taken from the participants. The subject is requested to complete the tool after assuring confidentiality of the information. Consent is obtained from the subject. Explained what is the need and purpose behind conducting the research. The participants actively participated data got collected and finally the investigator thanked all of

the research samples as well as the authorities for their assistance after the data collection process was completed.

Results:

The findings are organized and presented in two parts as shown below:

Table 1: Distribution of subjects in relation to perceived stress scale regarding psychological impact (Stress) of social media on quarantine people due to covid-19. (n=100)

Level of Stress score	Score Range	Percentage score	Level of Stress score	
			Frequency (f)	Percentage (%)
Low Stress	01 – 13	0 – 33%	13	13
Moderate Stress	14 – 26	34 – 67%	60	60
High Perceived Stress	27 – 40	68 – 100%	27	27
Mean ± SD stress score			21.36 ±7.175	
Mean % stress score			53.40%	
Minimum score			06	
Maximum score			34	

The majority 60% of subjects had moderate level stress in relation to social media on quarantine people because of covid-19, 27% had high stress of social media causes a lot of tension in people's minds on quarantine people due to covid-19 and 13% had low-level stress regarding social media on quarantine people related to covid-19.

- Mean stress score of the subjects was 21.36 ± 7.175
- The minimum stress score was 06 and
- The maximum stress score was 34.

Fig. 1. Level of perceived score

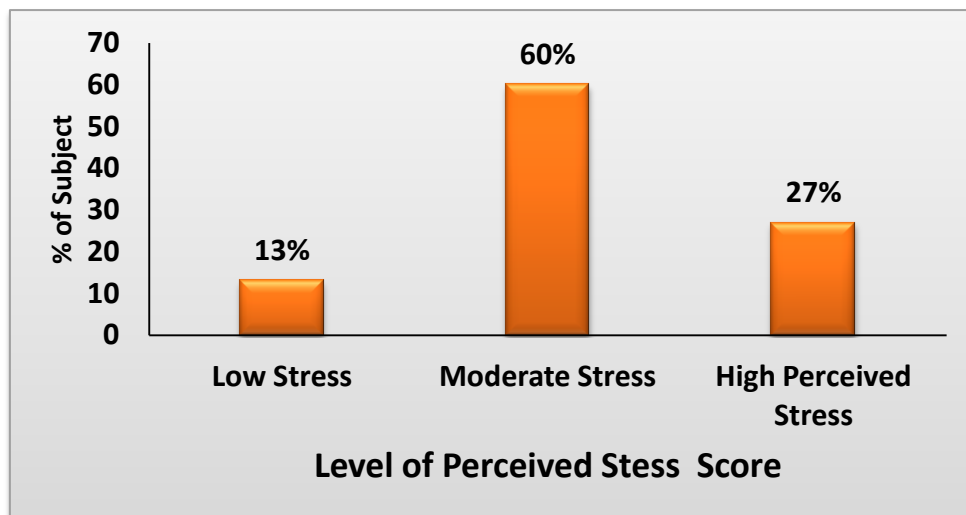


Table 2: Distribution of subjects in relation to anxiety disorder regarding psychological impact (Anxiety) of social media on quarantine people related to covid-19.

(n=100)

Level of anxiety score	Score Range	Percentage score	Level of anxiety score	
			Frequency(f)	Percentage (%)
Mild Anxious	01 – 07	0 – 33%	01	01
Moderate Anxious	08 – 14	34 – 67%	91	91
Severe Anxious	15 – 21	68 – 100%	08	08
Mean±SD anxiety score			11.84 ± 2.116	
Mean % anxiety score			56.38%	
Minimum score			07	
Maximum score			18	

The majority 91% of subjects had mild anxiety, 8% had severe anxiety and 1% had mild anxiety regarding social media on people who were being isolated owing to covid-19.

- Mean anxiety score of the subjects was 11.84 ± 2.116
- Minimum anxiety score was 07 and

- The maximum anxiety score was 18.

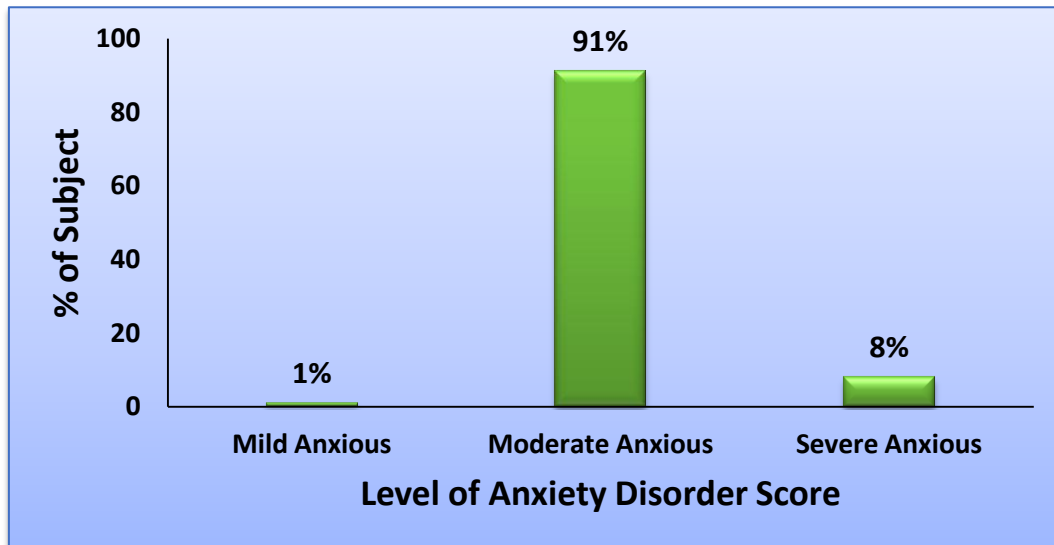


Fig. 2. Level of anxiety disorder score

Discussion

The results of this study were addressed with regard to goals, theoretical basis and the proposed hypothesis.

The present study findings stated that the majority 60% of quarantine people due to COVID-19 had a moderate level of stress regarding social media whereas 91% of subjects had mild anxiety regarding social media.

Similarly, a researcher conducted a study on covid-19 isolation where people struggled with feelings of stress and anxiety. Overuse of social media by Italian adults and the findings werethe goal of this study was to see if people who were forced to isolate because of the covid-19pandemics more common likely to be nervous, and if their loneliness led to oversocial media use. Furthermore, the impact of constantly severe social media uses on the relationship between alone and anxiety was studied. During the Italian lockdown, an online survey of 715 respondents (71.5 percent women) aged 18 to 72 years old was conducted. Self-information measures to evaluate felt feelings of isolation, overuse of social media and fear were included in the study.⁴

“Similarly a study was conducted foranalysis of mental health and wellbeing impacts during covid-19, is there any impact? A cross-sectional MENA area study and the result showed the impact of event scale revised (IES-R) which was used to assess the psychological effect, while questions from the perceived stress scale were used to assess social and familial

support. The mean IES-R score was 29.3 (SD = 14.8), indicating a mildly stressful impact, with 30.9 percent having a significant psychological impact. Because of this, the majority of participants (45 percent–62 percent) felt terrified, worried, or powerless. COVID-19 is a virus that infects people. Furthermore, over 40% of respondents said employment and financial concerns had worsened their stress levels. Females, 26-35-year-olds, people with a lower level of education and those in North Africa all had higher IES-R scores ($p < 0.005$). About 42% said they were getting more assistance 40,5% said they paid more attention to their mental health and more of their family members 80% said they were paying more care to their physical health.⁵

Conclusion:

After the detailed analysis, this study leads to the following conclusion that:

The distribution of the population according to age, gender, family status, health status, education, occupation and using what type of social media to stay entertained or daily news updated during quarantined for this study, concluded that 27% were suffering from stress respectively 8% from anxiety which can only be treated with adequate self-health care, obtaining mental health guidance from the experts and continuous research on its treatment.

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