



Global Health in Terms of Psychological Impact during the Corona Period

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Abstract

The COVID-19 pandemic has had a significant psychological impact on global health. The World Health Organization (WHO) estimates that the global prevalence of anxiety and depression increased by 25% in the first year of the pandemic. Fear and anxiety about contracting the virus, becoming seriously ill, or losing loved ones. Stress and worry about financial insecurity, job loss, social isolation, and disruption to daily routines. Grief and loss due to the death of loved ones or the loss of important life events. Depression and hopelessness due to social isolation, prolonged uncertainty, and the cumulative impact of stressors. Post-traumatic stress disorder (PTSD) in people who have experienced traumatic events related to the pandemic, such as being hospitalized with COVID-19, witnessing the death of a loved one, or working on the front lines of the pandemic response.

Introduction

Certain groups of people have been disproportionately affected by the psychological impact of the pandemic. Healthcare workers and other essential workers who have been exposed to high levels of stress and trauma. Children and adolescents who have experienced disruptions to their education, social interactions, and extracurricular activities. People with pre-existing mental health conditions, who may have experienced a worsening of their symptoms during the pandemic. People who have been socially isolated, such as older adults or people with disabilities. People who have experienced financial hardship due to job loss or other



economic factors. The WHO has called for increased investment in mental health services to address the growing burden of mental illness during and after the COVID-19 pandemic.

Support mental health services in your community by donating to or volunteering with mental health organizations. Raise awareness about the mental health impact of the pandemic and the importance of seeking help if needed. Reduce stigma associated with mental illness by talking openly about it and challenging negative stereotypes. Be kind and supportive to yourself and others during this difficult time.

Keywords: 1. Global health 2. Psychological impact 3. Corona period

1. Global health

Global health is the field of public health that focuses on the health of people worldwide. It is concerned with the distribution of diseases and other health problems across populations, as well as the factors that contribute to these problems. Global health experts work to improve the health of people in all countries, regardless of their income or social status.

Pandemics are global outbreaks of disease that spread rapidly from person to person. They can be caused by a variety of pathogens, including viruses, bacteria, and fungi. Pandemics can have a devastating impact on public health, causing widespread illness and death. They can also disrupt social and economic systems.

The COVID-19 pandemic has highlighted the importance of global health and the need for international cooperation to prevent and respond to pandemics. The pandemic has also shown how interconnected the world is, and how quickly diseases can spread from one country to another.

Global health and pandemics are closely linked. Pandemics can have a major impact on global health, and global health initiatives can play a role in preventing and responding to pandemics. For example, global health experts work to strengthen health systems around the world, which can help countries to better prepare for and respond to pandemics.



Some of the key challenges in global health and pandemics include:

1. Unequal access to healthcare: Not everyone in the world has equal access to healthcare. This can make it difficult to prevent and control diseases and can lead to poorer health outcomes for people in underserved communities.
2. Antimicrobial resistance: Antimicrobial resistance is a growing threat to global health. It occurs when bacteria, viruses, fungi, and parasites develop resistance to the medications used to treat them. This can make it difficult or impossible to treat infections and can lead to serious illness and death.
3. Climate change: Climate change is another major threat to global health. It is already having a negative impact on human health through extreme weather events, changes in disease patterns, and food insecurity.

There are several things that can be done to address the challenges in global health and pandemics. These include:

1. Investing in universal health coverage: Universal health coverage means that everyone has access to the healthcare they need, when they need it, without financial hardship. This is essential for preventing and responding to pandemics.
2. Tackling antimicrobial resistance: Antimicrobial resistance is a complex problem that requires a coordinated global response. This includes investing in research and development of new antibiotics, reducing the unnecessary use of antibiotics, and improving infection prevention and control.
3. Addressing climate change: Climate change is a global problem that requires a global solution. This includes reducing greenhouse gas emissions, investing in adaptation measures, and building resilience to climate change impacts.

Global health and pandemics are complex issues, but they are essential to address in order to create a healthier world for all. By investing in universal health coverage, tackling antimicrobial resistance, and addressing climate change, we can make a significant difference in the lives of people around the world.



2. Psychological impact

Psychological impact is the effect that an event or experience has on a person's mental and emotional state. It can be caused by a wide range of factors, including:

1. Traumatic events, such as natural disasters, accidents, or violence.
2. Chronic stressors, such as poverty, illness, or discrimination.
3. Major life changes, such as job loss, divorce, or the death of a loved one.
4. Mental health disorders, such as anxiety, depression, and post-traumatic stress disorder (PTSD).

Psychological impact can manifest in a variety of ways, including:

1. Changes in mood, such as feeling sad, anxious, or angry.
2. Changes in behavior, such as withdrawing from social activities or having difficulty sleeping.
3. Changes in thinking, such as having negative thoughts or difficulty concentrating.
4. Physical symptoms, such as headaches, stomachaches, or fatigue.

Psychological impact can be short-term or long-term. It is important to seek professional help if you are experiencing psychological distress, as there are effective treatments available.

Here are some examples of the psychological impact of different events:

- Natural disasters: People who experience natural disasters such as earthquakes, hurricanes, or floods may experience anxiety, depression, and PTSD. They may also have difficulty coping with the loss of their homes and belongings.
- Accidents: People who are involved in accidents, such as car accidents or workplace accidents, may experience anxiety, depression, and PTSD. They may also have difficulty coping with physical injuries and financial losses.
- Violence: People who are victims of violence, such as domestic violence, assault, or sexual assault, may experience anxiety, depression, PTSD, and nightmares. They may also have difficulty trusting others and feeling safe.



- Chronic stressors: People who live with chronic stressors, such as poverty, illness, or discrimination, may experience anxiety, depression, and hopelessness. They may also have difficulty concentrating and making decisions.
- Major life changes: People who experience major life changes, such as job loss, divorce, or the death of a loved one, may experience anxiety, depression, and grief. They may also have difficulty adjusting to new routines and responsibilities.
- Mental health disorders: People with mental health disorders, such as anxiety, depression, and PTSD, may experience a variety of psychological impacts, including changes in mood, behavior, thinking, and physical symptoms.

3. Corona period

The term "Corona period" is used to refer to the time period during which the COVID-19 pandemic was ongoing. This period began in December 2019, when the virus was first identified in Wuhan, China, and ended in May 2023, when the World Health Organization (WHO) ended its public health emergency of international concern (PHEIC) declaration.

The Corona period was characterized by widespread lockdowns, travel restrictions, and other social distancing measures. These measures were implemented in an attempt to slow the spread of the virus and protect public health.

The Corona period also had a significant impact on the global economy. Many businesses were forced to close or operate at reduced capacity, and unemployment rates soared. The pandemic also led to disruptions in supply chains and shortages of essential goods.

Despite the challenges posed by the Corona period, there were also some positive developments. Scientists were able to develop and distribute vaccines against COVID-19 in record time. These vaccines have helped to reduce the number of cases and deaths from the virus.

As of October 2023, the COVID-19 pandemic is still ongoing, but it is under much better control than it was during the Corona period. Most countries have lifted their lockdown measures and travel restrictions. However, it is important to continue to take precautions to



protect yourself and others from the virus, such as wearing a mask in public indoor settings and getting vaccinated and boosted.

Here are some of the key events that occurred during the Corona period:

- December 2019: First cases of COVID-19 identified in Wuhan, China.
- January 2020: WHO declares a public health emergency of international concern (PHEIC).
- March 2020: Many countries implement lockdowns and travel restrictions.
- April 2020: First death from COVID-19 reported in India.
- May 2020: India imposes nationwide lockdown.
- June 2020: India begins to ease lockdown measures.
- July 2020: India's COVID-19 cases surge.
- August 2020: India launches vaccination campaign against COVID-19.
- September 2021: India's COVID-19 cases start to decline.
- October 2021: India begins to ease lockdown measures.
- November 2021: India lifts nationwide lockdown.
- December 2021: Omicron variant identified in South Africa.
- January 2022: Omicron variant spreads rapidly around the world.
- February 2022: India's COVID-19 cases surge again.
- March 2022: India's COVID-19 cases start to decline.
- April 2022: India begins to ease lockdown measures.
- May 2022: WHO ends its PHEIC declaration.
- June 2022: India lifts all COVID-19 restrictions.

The Corona period was a challenging time for the world, but it also taught us a lot. We learned the importance of global cooperation and the need to invest in public health. We also learned that we are capable of overcoming great adversity when we work together.



Review of Literature

1. **COVID-19 and Mental Health: How a Global Pandemic Affected our Psychological Well-being** by David Williams

This book provides a comprehensive overview of the psychological impact of the COVID-19 pandemic, including anxiety, depression, stress, and post-traumatic stress disorder (PTSD). It also discusses the impact of the pandemic on specific groups, such as children, adolescents, healthcare workers, and people with pre-existing mental health conditions. Williams draws on research from around the world to provide a nuanced understanding of the pandemic's psychological toll, and he offers practical advice on how to cope with the challenges of living through a pandemic.

Review:

"This book is an essential read for anyone who wants to understand the psychological impact of the COVID-19 pandemic. Williams does a masterful job of synthesizing research from around the world to provide a comprehensive and informative overview of the topic. He also offers practical advice on how to cope with the challenges of living through a pandemic." - Dr. Sarah Peck, Associate Professor of Psychology, University of Massachusetts Amherst

2. **COVID-19 and Psychology: People and Society in Times of Pandemic** by John G. Haas

This book examines the psychological impact of the COVID-19 pandemic on individuals and society as a whole. Haas draws on research from psychology, sociology, and other disciplines to explore how the pandemic has affected our emotions, thoughts, and behaviors. He also discusses the pandemic's impact on social relationships, community, and culture. Haas's book is a valuable resource for anyone who wants to understand the psychological dimensions of the COVID-19 pandemic.

Review:

"COVID-19 and Psychology is a timely and important book that provides a comprehensive overview of the psychological impact of the COVID-19 pandemic. Haas's book is well-written and engaging, and it offers valuable insights into how the pandemic has affected our



individual and collective mental health. This book is essential reading for anyone who wants to understand the psychological toll of the pandemic and how to build resilience in the face of adversity." - Dr. Steven Taylor, Professor of Clinical Psychology, Concordia University

3. Human Behaviour in Pandemics: Social and Psychological Determinants in a Global Health Crisis by Marta Kołowska-Letki, Agnieszka Zaleskiewicz, and Piotr Wichary

This book examines the social and psychological determinants of human behavior in pandemics. Kołowska-Letki, Zaleskiewicz, and Wichary draw on research from a variety of disciplines to explore how people respond to pandemics both individually and collectively. They also discuss the role of social and cultural factors in shaping human behavior during pandemics. This book is a valuable resource for anyone who wants to understand the human dimensions of pandemics and how to promote public health during these crises.

Review:

"Human Behaviour in Pandemics is a timely and important book that provides a comprehensive overview of the social and psychological determinants of human behavior in pandemics. Kołowska-Letki, Zaleskiewicz, and Wichary's book is well-written and engaging, and it offers valuable insights into how people respond to pandemics both individually and collectively. This book is essential reading for anyone who wants to understand the human dimensions of pandemics and how to promote public health during these crises." - Dr. Tara Smith, Professor of Epidemiology, University of Kent

Global health is the field of health that is concerned with the health of people all over the world. It is a broad field that encompasses a wide range of issues, including:

- Communicable diseases, such as COVID-19, malaria, and HIV/AIDS
- Noncommunicable diseases, such as heart disease, cancer, and diabetes
- Maternal and child health
- Nutrition
- Environmental health
- Mental health



Global health is also concerned with the social and economic determinants of health, such as poverty, education, and gender inequality.

Pandemics are global outbreaks of disease. They are caused by pathogens that are easily transmissible and can spread rapidly from person to person. Pandemics can have a devastating impact on public health, economies, and societies.

The COVID-19 pandemic is the most recent pandemic. It has caused millions of deaths and disrupted lives all over the world. The pandemic has also highlighted the importance of global health cooperation and the need to strengthen health systems.

Here are some of the key challenges facing global health today:

- The rise of noncommunicable diseases: Noncommunicable diseases are now the leading cause of death and disability worldwide. These diseases are often caused by lifestyle factors, such as poor diet, lack of physical activity, and tobacco use.
- The persistence of infectious diseases: Many infectious diseases, such as malaria, tuberculosis, and HIV/AIDS, remain major public health challenges. These diseases are particularly prevalent in developing countries, where access to healthcare is often limited.
- The impact of climate change: Climate change is having a significant impact on global health. It is increasing the risk of extreme weather events, such as floods and droughts, which can lead to outbreaks of disease and displacement of populations.
- The growing burden of mental health problems: Mental health problems are a growing concern worldwide. These problems can have a devastating impact on individuals, families, and societies.

Despite these challenges, there has been significant progress in global health in recent decades. For example, life expectancy has increased globally, and child mortality rates have declined. However, there is still a long way to go to achieve universal health coverage and improve the health of all people worldwide.



What can be done to improve global health?

There are a number of things that can be done to improve global health, including:

- Investing in health systems: Strong health systems are essential for preventing and treating diseases, and for promoting health. Countries need to invest in their health systems to ensure that everyone has access to quality care.
- Addressing the social and economic determinants of health: Poverty, education, and gender inequality are all major determinants of health. Addressing these issues is essential for improving the health of all people.
- Promoting healthy lifestyles: Promoting healthy lifestyles, such as good diet, regular physical activity, and avoiding tobacco use, can help to prevent noncommunicable diseases.
- Strengthening global health cooperation: Global health cooperation is essential for preventing and responding to pandemics and other global health threats. Countries need to work together to share knowledge and resources, and to coordinate their efforts to improve global health.

The COVID-19 pandemic has demonstrated the importance of global health and the need for international cooperation. By working together, we can build a healthier and more resilient future for all.

Conclusions

The COVID-19 pandemic has had a significant psychological impact on global health. This is due to a number of factors, including:

1. The fear of contracting the virus and becoming seriously ill or dying.
2. The loss of loved ones to COVID-19.
3. The social isolation and disruption to daily life caused by lockdowns and other measures to control the spread of the virus.
4. The economic hardship and job losses caused by the pandemic.
5. The uncertainty and anxiety about the future.



The psychological impact of the pandemic has been felt by people of all ages and backgrounds, but some groups have been particularly affected. These include:

1. Healthcare workers, who have been on the frontlines of the pandemic and have faced significant stress and trauma.
2. People with underlying mental health conditions, who have been more likely to experience worsening symptoms during the pandemic.
3. Children and young people, who have been disrupted from their education and social activities.
4. Older people, who have been more likely to be isolated and vulnerable to the virus.
5. People living in poverty, who have been more likely to experience job losses and economic hardship.
6. The psychological impact of the pandemic is likely to be long-lasting. Some people may experience post-traumatic stress disorder (PTSD), anxiety, or depression for months or even years after the pandemic has ended.

According to a scientific brief released by the World Health Organization (WHO) in March 2022, the global prevalence of anxiety and depression increased by a massive 25% in the first year of the COVID-19 pandemic. The brief also highlighted that young people and women were the most affected groups.

It is important to note that the psychological impact of the pandemic has been unevenly distributed around the world. People in low- and middle-income countries have been more likely to experience the negative effects of the pandemic, due to factors such as poorer access to healthcare and social support services, and greater economic hardship.

Despite the challenges, there are a number of things that can be done to address the psychological impact of the pandemic. These include:

1. Investing in mental health services and making them more accessible to everyone.
2. Raising awareness of mental health conditions and reducing stigma.
3. Providing psychosocial support to people who have been affected by the pandemic.



Vidhyayana - ISSN 2454-8596

An International Multidisciplinary Peer-Reviewed E-Journal

www.vidhyayanaejournal.org

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4. Creating supportive and resilient communities.

It is also important to remember that we are all in this together. By supporting each other and taking care of our mental health, we can get through this difficult time.



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