



Coronavirus Disease (COVID-19): Psychological, Interpersonal Effect for Public Health Systems - Need for Research

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Abstract

The world is standstill with corona virus. The novel coronavirus disease that emerged at the end of 2019 began threatening health and lives of millions of people within few weeks. It has quickly impacted on governments and public health systems directly or indirectly. The coronavirus (COVID-19) pandemic affects the world, causing widespread concern, fear and stress, all of which are natural and normal reactions to the changing and uncertain situation¹. Millions of lives have been significantly altered, and a global, multi-level, and demanding stress-coping-adjustment process is ongoing to lead a normal life. World is focusing on testing, finding a cure and preventing transmission. In different situation which has come up in recent times people are going through a myriad of psychological problems in adjusting to the current lifestyles and fear of the disease. The point to mention in these paper is research towards psychological issues, stress related issues to covid situation which will give information on management needs.

Keywords: Corona; Covid; Psychological; Public Health

Introduction

The COVID-19 disease is a pandemic status. The World Health Organization has issued guidelines for managing the problem from both biomedical and psychological points of view [1,2]. While preventive and medical action is the most important at this stage, Emergency psychological crisis interventions for people affected by COVID-19 are also critical in public mental health, psychological impact on person, elevated rates of stress or anxiety. New measures and impacts are introduced – especially quarantine and its effects on many people's usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise [2].

In times of such conditions children also face substantial changes to their daily routine and social behaviour in, which ordinarily foster resilience to challenging events. Parents would do anything to protect their children from distress and might avoid talking about difficult feelings and events. When adults talk to children, the information provided needs to take into account the child's age and level of understanding. Sensitive and effective communication about life-threatening illness has major benefits for children and their family's longterm psychological wellbeing. Adults need to be vigilant that children are not inappropriately blaming themselves or feeling that the illness is a punishment for previous bad behaviour. Therefore, listening to what children believe about COVID-19

transmission is essential; providing children with an accurate explanation that is meaningful to them will ensure that they do not feel unnecessarily frightened or guilty.

Now that the cases are in raise in India it is a state of concerned about the psychological issues with patients and people under lockdown staying at home. so counselling centres are to play a vital role [3,4]. Moreover, in order to develop psychological interventions for all or specific (e.g., more vulnerable) groups, important issues to address include the adverse psychological impacts and psychopathological symptoms in the general population during the pandemic [5]. The goal of this Topic is to stimulate novel investigations and theoretical perspectives on how people are psychologically affected by and coping with the COVID-19 emergency. Specific aims include reducing the risk of developing distress, improving well-being, as well as promoting preventive behaviors. Further, this Research Topic aims to offer governments and policymakers evidence-based strategies to improve public and clinical intervention systems.

Conclusion

During the initial stages of COVID-19 in India, all most the whole population had a significant psychological impact. This indicates a more systematic and longitudinal assessment of psychological needs of the population in India, which can help the government

in formulating holistic interventions for affected populations. The outcome of this initial assessment is need of high impact programme for improving the economical and psychological status of the population. Very important step to be taken by the government is to create counselling centre at every possible places who reach the general public this will help reduce the anxiety, depression and suicidal attempts. Need of further research with respect to consequences of covid 19 on patient to be taken in depth to understand needs of the population.

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