



Psychological Effects of Covid-19 on Care Takers, A Case Study of Three Victims in Home

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Abstract

In 2021 in one house there are three Covid-19 positive case and how all the family members specially care takers become affected psychologically is the main story of this article. All the members and specially care takers are interviewed in detail several times and their feelings, emotions and general psychological conditions were recorded. Fears, anxiety, depression, lack of appetite and sleep, disturb bowel movements, fear of loss of some close family member, physical distances were major complaints reported by family members and care givers. Highly fatigue and several issues regarding health care and hygiene were also reported. Social support, resilience, belief system and ethics of community are discussed regarding prevention and rehabilitation of victims.

Keywords: Covid-19; Victims; Feelings

Introduction

Covid-19 and new wave of Delta has a long term psychological and biological effects on general and mental health of population suffering in current pandemic situation. In this article we have taken a case study suffered in covid-19 new wave in July-Aug 2021 and responses regarding physiological and psychological effects were analyzed. Simple unstructured interviews were conducted and information were recorded. The story is that the family under study contains 8 family members. One senior couple, their two female and two male fully grown children having an age 27, 25, 23 and 19 years, Elder son is married of 25 years old and his wife 19 years old. One senior citizen, the mother in law of family head is 80 years old and on the bed due to very poor health condition. She can not walk and even sit without support of any one. She is unable to go bathroom without support of any female members. The elder female is health professional and going for her job in an emergency

hospital. She was affected with covid positive from hospital and as a result of her suffering the old lady become positive in spite of both vaccinated. Due to these two positive patients, the third female child become covid positive. It was not possible for these two ladies to quarantine because there is no one to take care of old lady, the married couple leave the house for 20 days due to pregnancy of seven months and the senior lady means the mother of four children is also suffered in severe UTI and other serious problems like high blood pressure, diabetes and urological problems.

How this family suffered and survived during this situation. As the psycho-social stressors are concerned, only one patient of covid at home is considered very high intensity of stress.

All the family members showed some psychological symptoms that are highlighted one by one.

The old lady

She was not informed that she is suffering from covid and does not show any psychological distress. Due to prior vaccination she showed very minor symptoms like a few days fever, cough and sneezing for few days. She was properly given medicines, antibiotics, pain killers and cough syrup with her regular medicines and became well. Even she was not informed that there is any body at home suffering from covid-19. Unawareness about dangerous disease helped in this regard by not showing any psychological symptoms during last month.

Head of family

Being head of family took all the responsibilities of care taking of all the patients at home. He reported that it was highly stressful physiologically and psychologically to tolerate during this period. The interviewers noted that all the domestic responsibilities were around him and he will have to provide all medicine, food and others livelihood on proper time with safety measures. He reported that only one patient of such condition is very challenging and threat to life in spite of three patients at home. He reported very high level of fatigue due to over work at home and he often become so tired not to tolerate more work at home. It was highly impossible to invite some one for help due to high risk of spreading covid. He also complained the symptoms of anxiety, aggression, hopelessness, lack of sleep, disturb bowl movement, body pains and compulsive behaviors during this situation. Regarding health safety practices and other hygienic practices, there was some missing to follow them strictly due to disturb memory and stress. There was also a financial burden due to medication of all the patients and other safety measures.

Mother of children

She reported the symptoms of anxiety, stress, compulsivity, disturbed sleep and bowl movement. She also asked about fearful condition and specially fear of loss of some one by showing over concern about health issues of all the family members. Her physical problems become more severe and several times reported to her doctor special urologist. Her interest in outer and social activities become very poor and loneliness feelings become high. She tried her best to participate in domestic work but due to health constraints it was limited.

23 years old male

He become so isolated and did not participate in any activity at home. He did show any serious symptoms of stress or anxiety and keep him self away from all the patients. He several times visited patients but with very short time and safety measures to keep him self affected. His attitudes towards all the patients become polite. Kind and caring.

Elder female

She is elder at home and more responsible for all domestic issues specially health issues of every one. She always seems worried about every body and shows symptoms of anxiety. Poor sleep, appetite and interest in social activities were the major symptoms during her time period of covid. She also reported some disturbances in menstrual cycle and pains in abdomen. Her weight become loose and a marked weakness was reported. She was suffering in guilt feelings also by blaming her self as source of this situation at home. She also showed some symptoms of depression as well. She recovered soon and take the domestic responsibilities.

Younger female

She is care taker of old lady and suffered seriously by covid. She has several episode of dropping oxygen and reported in an emergency for standard level of oxygen. She showed severe symptoms of anxiety and even several attacks. She was advised to take anti depressants and mood stabilizers as a result of sever anxiety. There was very poor appetite, sleep and social interests during her covid time period.

Discussion

Medical complications, psychological distress and fears play very important role in development of several biological and psychological problems among individuals suffered in covid-19. Attitudes of the community towards such conditions is very important factor in rehabilitation. Care givers showed fears, anxiety and social distance during pandemic situation. In those cultures where ethical codes for care taking are very high valued, there are chances of less psychological effects on care givers. High moral values are also play very important role in development of psychological effects among families suffered in covid. Those societies having some beliefs regarding service providing during emergency have good chances of rehabilitation of victims during

any pandemic situation. Counselling, social support and supportive psychotherapies play positive role in recovery of covid patients.

Behavioral patterns regarding health and hygiene practices seems very important in prevention and rehabilitation of covid. Several traditional and religious societies have fixed behavioral patterns regarding daily life health issues. Some times there is no research in adaptation of these behavioral patterns specially in any emergency like pandemic situation. Religious leaders did not think over the issue and became late in decision making when a lot people become suffer in any pandemic situation. These emergencies need to become addressed on proper time and with the help of experts need immediate response to such situation. All cognitive approaches of psychotherapies when develop conflicts with faith healing and religious therapies then members of community suffered in cognitive dissonance. To resolve this conflict, there is a need to develop a harmony between universally applied psychotherapies and indigenous approaches in psychotherapy. Clinical psychologists, psychotherapists, psychiatrists, social workers, counsellors and teachers are required to launch some projects to find out the effective indigenous therapies helping in rehabilitation of covid victims.

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