



RESEARCH PAPER

The Psychological impact of Covid-19 on General Population in Pakistan

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PAPER INFO	ABSTRACT
Received: February 19, 2022	The COVID-19 (coronavirus sickness of 2019) pandemic has hugely impacted the planet. To combat the spread of coronavirus disease, governments have implemented preventive measures such as lockdowns and movement restrictions (COVID-19). This may hurt people's mental health. The study comprised healthcare professionals, the general public, and Pakistani community members who had been exposed to the outbreak. During the Covid-19 epidemic, anxiety, depression, and stress were three of the most common mental health issues in the general public. Use cognitive emotion regulation as a predictor of these subjects and look for subdomains in a broader population. Secondary data, such as publically available information, is used in this study. In addition, relevant journals/articles, books, and the internet were used to gather information.
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Introduction

Wuhan, China, one of the largest COVID-19 outbreaks in history has been documented (Li Q, 2020). Between December 2019 and early 2020, the disease is expected to spread across the United States and the rest of the planet (Huang C, 2020). After calling the disease a global public health emergency under International Health Regulations, the World Health Organization (WHO) declared a pandemic on March 11, 2020. (IHR). The new coronavirus epidemic has affected 169 countries and practically all continents (Director-General, 2020). COVID-19 is harmful to mental, social, and emotional well-being, as well as physical well-being (D., 2020). An individual's mental and emotional health has an impact on their ability to deal with life's challenges (Herrman H, 2005). People's mental and emotional health worsens when they are in a condition of uncertainty, social isolation, self-isolation, or quarantine (Mukhtar, 2020). A countrywide survey of Chinese individuals was done on January 31, 2020, to evaluate the prevalence of worry, despair, phobias, cognitive alterations and avoidance, compulsive behavior, and loss of social functioning, as well

as compulsive behavior and loss of social functioning. The CPDI score on average was 23.65. (15.45).

Almost a third of those polled said they had a mental health problem of some sort (Qiu J, 2020). Research of COVID 19's psychological effects on Chinese senior persons came to a bleak and alarming conclusion (Meng H, 2020). Since the first case was reported in February 2020, Pakistan has been on high alert. The government and medical specialists have both stressed the significance of taking preventative measures to stop the disease from spreading. (Mukhtar, 2020). These precautions were tightened later in the outbreak's course when cases and local transmission increased. As a precaution, the government imposed a complete lockdown, which included the closure of businesses and mosques, transit restrictions, and the ability to work from home. As a result of social isolation, remaining at home, and lockdown, many people suffer from mental and emotional health issues (Mukhtar, 2020). Behavioral changes help preserve a sense of security when dealing with mental health issues such as increasing fear and dread (Balkhi F, 2020). Certain COVID-19-related mental health problems may linger long after the outbreak has ended. As a result, determining the incidence of mental health issues and identifying at-risk groups in the community who may require mental health assistance during this crisis is crucial.

When the COVID-19 epidemic hit Pakistan, countrywide research was conducted to determine the disease's psychological impact on the populace. The outcomes of this study will aid in identifying the most vulnerable members of society who are suffering from mental health issues, as well as building a more complete, scientifically sound, and national response strategy to mental health emergencies.

Literature Review

While a thorough grasp of the new virus's biology and medicine is essential, pandemic control and management must also take into account the virus's psychosocial and mental demands (Corman VM, 2020; S, 2021). A lot of psychological studies has been done around the world to learn more about how the new disease affects people's mental health (MD, 2020) Staff indicated considerable levels of grief, concern, stress, and insomnia on the front lines of health care, with female health care providers having the highest levels of these symptoms. According to the National Institute of Mental Health, 14.6 percent of the Chinese, Italian, and Spanish populations, compared to 6.3 percent to 50.9 percent of the overall population, suffer from the mental disease (Hao F, 2020). Nonetheless, melancholy, anxiety, and stress affect an estimated 8.1 percent to 81.9 percent of the general population in these countries, according to (Xiong J, 2020) (34% of total). Approximately 17% of Filipinos reported feeling disheartened or anxious during the first month of an outbreak, according to a 2020 study (ML, et al., 2020). During the early phases of the covid-19 warning, stay-at-home instructions have been shown to enhance feelings of depression, worry, and stress. People under the age of 30 and those with chronic health conditions were more likely to be affected, according to the study (Ozamiz-Etxebarria N, 2020; Ozamiz-Etxebarria N, n.d.)

When scientometric analysis revealed that psychological studies were among the top ten types of research carried out during the COVID-19 pandemic, there was an immediate need to investigate phenomena in low- and middle-income countries in

order to gain a better understanding of the current situation (Tran BX, 2020). During the pandemic, researchers found that Poles were more dissatisfied, anxious, and agitated than Chinese people (Wang C, 2020; Wang C, 2020). The current study will look into the prevalence of psychological issues in Pakistan's general population in order to fill this research gap. Depressive, nervous, and stressed states were all included in this group.

It's important to remember that, while being one of the world's most populous countries, Pakistan is also one of the poorest. The joint family is the most prevalent type of family, which consists of numerous generations living in the same house, regardless of its size. As a result of the social marginalisation and unemployment that followed, people's mental health and physical fitness were jeopardised. People experience fear of mortality, fear of infection, despair, anxiety, fury, and other mental health concerns during an outbreak of this pandemic (Rana W, 2020). The beginning, recurrence, and management of mental illness have been linked to social cohesion mechanisms and social support. A history of moderate-severe early childhood trauma has been connected to sensory processing patterns (sensory/avoidance, insufficient registration, sensation seeking) and mental health disorders (Engel-Yeger B, 2016; Pompili M, 2014) what happens when a catastrophic occurrence occurs in the broad public? Individuals who are unable to cope constructively with a terrible incident, such as those suffering from post-traumatic stress disorder (PTSD), may develop anxiety and mood issues (PTSD). Several studies (H, 2016) have found a link between people's ability to control their emotions and a variety of mental health issues.

Anxiety, Fear, and Covid-19

COVID-19-related fear and concern may have different effects on persons of different cultures and ages. Women and younger people in Brazil (Andrade, et al., 2020) and Germany (Bäuerle, et al., 2020) were more afraid of COVID-19 than men and the elderly. A study in Spain found that people over the age of 64 had a higher incidence of sadness and anxiety symptoms. An Eastern European poll found less fear of the COVID-19 than an Iranian sample (Montazeri, et al., 2003) due to cultural differences. Despite the fact that there was no gender difference in the known mental health literature during the COVID-19 outbreak in China, younger people reported more anxiety symptoms than older people. Increased COVID-19 exposure has been linked to a higher incidence of depression in people during a pandemic. A deterioration in mental health has been linked to fears of coronavirus infection (Choi, et al., 2020) and increased contact with relatives during pandemic quarantine periods (Tsang, et al., 2020). Similarly, research in Spain found that those with COVID-19 symptoms who were in close contact with a confirmed COVID-19 patient were more likely to develop depression.

Depression and Covid-19

The COVID-19 pandemic has been related to an elevated risk of mental illness in a number of studies. A study on the psychological effects of the pandemic will be done in May 2020, with a focus on the general public and healthcare workers (Vindegard & Benros, 2020). The researchers looked at 43 studies to examine if there was a link between COVID-19 and mental health. According to another review study,

both health care employees and the general public have greater rates of depression and anxiety (28 percent and 33 percent, respectively) (Luo, et al., 2020). Numerous studies focusing on the Chinese community have been undertaken in Asia. A survey done at the beginning of the epidemic found that 58.3 percent of Chinese participants were depressed. According to a similar study, having current and accurate COVID-19 information was linked to reduced stress, anxiety, and unhappiness (Ding, et al., 2020). A number of COVID-19 risk indicators have also been linked to depression in the European study. During COVID-19, a German study (Bäuerle, et al., 2020) discovered an increase in the general population's perception of despair (up 14.7%), psychological discomfort (up 65.2%), and anxiety in general (44.9 percent).

Risk factors for depression persist regardless of gender, age, country origin, or culture, according to this study. There are numerous studies that are not age-specific. COVID-19 is more common among elderly citizens who have a number of risk factors, such as age-related stigma, chronic illness, a lack of social support, and a higher level of depression (Etxebarria, et al., 2020).

Individuals all around the world suffer from varying degrees of mental disease, which has turned into a secondary health concern for the entire world. During self-isolation and quarantine, people who are feeling anxiety, rage, bewilderment, and post-traumatic symptoms (Banerjee, 2020). Healthcare workers are working around the clock to keep the country safe from this terrible calamity (Rana, 2020). However, the effectiveness of treatment for afflicted people and their families' emotional well-being should be assessed as well.

Following the coronavirus outbreak, social isolation and self-disaffection have posed a serious threat to community mental health and well-being (Mukhtar, 2020). Numerous social and environmental challenges, such as the coronavirus, domestic violence and abuse, trauma, unpleasant emotions, and dysfunctional relationships, as well as financial uncertainty, poverty, and poor health, have had a negative impact on people's well-being. People may reconsider their feeling of self-determination and environmental mastery as a result of a lockdown. Furthermore, it endangers one's own mental health as well as the mental health of others (Lima, 2020).

In the event of a public health emergency, Pakistan's government should incorporate psychological counseling into its healthcare system. In Pakistan, the emotional and mental health effects of COVID-19 should be mitigated through a psychological crisis response program (Mukhtar, 2020). Mental health in Pakistan should be addressed during the COVID-19 pandemic outbreak, according to preliminary findings. Pakistan's government should improve its workforce, increase institutional responsibility, and provide advanced training in counseling psychology, mental health, and mental health degrees and certificates

Objectives of the Study

The four goals of the project were to conduct research on these issues, identify cognitive emotion regulation as a predictor of these subjects, and analyse cognitive emotion regulation as a predictor of general population subdomains. Anxiety and stress were investigated as potential predictors of these issues, and it was discovered that in the general population, cognitive emotion management is a marker of these

challenges.

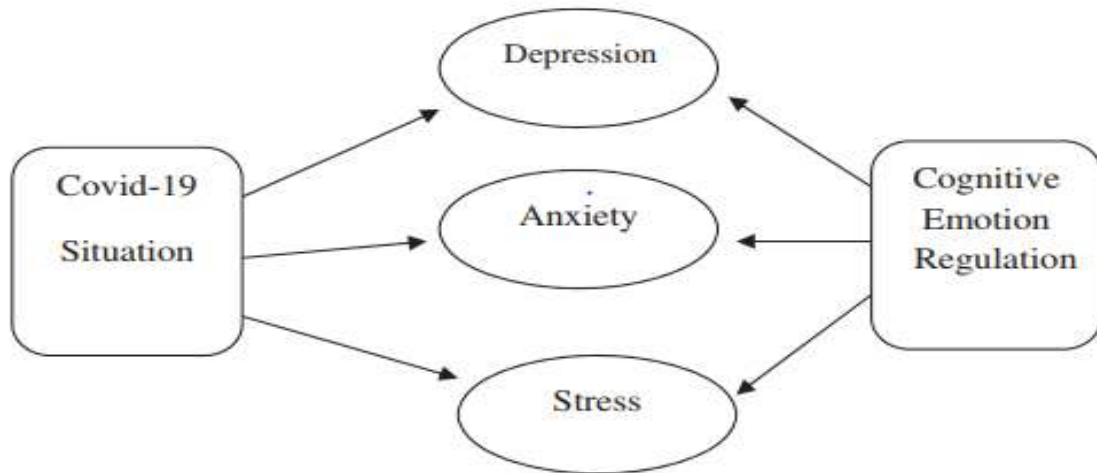


Figure 1. Depicted a potential research model

Methodology

This research relies on secondary sources as well as already published data. Secondary data is information derived from primary sources and made available to other researchers for use in their own study. In other words, this is pre-existing historical data. The information could have been gathered by one researcher for a specific reason and then passed on to another for further inquiry. When information is reused, it is referred to as secondary data in the first research and main data in the second. Books, journals, newspapers, websites and public documents are examples of secondary data sources. The year is 2021 (Formplus, 2021). Secondary qualitative data analysis is utilized to answer research questions that were not covered in the original study (Hinds et, 1997). Making primary datasets available for secondary analysis on their own can help beginner researchers with their training. Data analysis is used by qualitative researchers to acquire a better understanding of a phenomenon.

I gathered the information for this study from a variety of sources. One of these essays is titled "The Function of Cognitive Emotion Control in the Covid-19 Epidemic in Pakistan: A Research Study." Due to the lockout, the probability sampling approach could not be used, instead, samples were drawn using the simple sampling methodology. A total of 500 people from various backgrounds participated in the study. Adults over the age of 12 who lived in Pakistan's Gujrat district were included in the survey, however children under the age of 12 and people from other districts were not. Standard Operating Procedures (SOPs) relevant to covid-19 were sent to participants at their convenience at their homes. Gender, age, educational attainment, current marital status, family structure, occupation, income, and domicile were among the demographic factors examined in the quantitative study. In addition, the DASS-21 was translated into Urdu and utilized to evaluate psychiatric problems (Coker AO, 2008). It's a self-assessment measure with three subscales: depression, stress, and anxiety, each with seven items.

Results and Discussion

The prevalence rates of depression, anxiety, and stress are 33 percent (N 14 163), 40 percent (N 14 201), and 27 percent, respectively, as shown in the following paragraphs (N 14 136). I'm right in the middle of everything. Anxiety outnumbers other mental health issues in the United States, such as depression and bipolar disorder. Stress. As a result, anxiety is a common psychiatric condition. Despair and anxiety resulted as a result of the problem. A population-based study of Covid-19 in humans. According to a sixteenth-of-a-percentage-point bet, Individuals with depression in the normal range (N 14 81) are found in (N 14 81). Mild to moderate discomfort is reported by 12 percent of the population (N 14 59). Yes, of course. 97 percent of persons who say they have anxiety have symptoms that are within normal limits. Despite the fact that the mild and moderate categories were represented at the same time 9 percent of those that took part (N 14 percent 44) even more clearly, the studies proved this. There were severe and extremely severe problems among individuals who responded. Furthermore, a high level of anxiousness (N 14 60 percent, percent 1412) is required. In addition, 60 (12%) of participants are taking part in a project. Mild to severe stress affects 0.02 percent of the population (N 14 12). Suffer from severe, maybe deadly stress.

A linear regression analysis was used to explore the projected effects of cognitive emotion management on psychological disorders. There was a strong link between lack of emotional control and psychological disorders in the general population [R2140.216; F 14 51.223, p.01]. In addition, Table 2 shows that the use of diverse cognitive emotion control methods accounts for 21% of the variance in psychological disorders.

Table 1

Subdomains of psychology are characterized by varying degrees of severity and frequency (N=500)

Variables	Categories	F	%
Depression Score	Normal	163	33
	Mild and moderate	81	16
	Severe and very sever	59	12
		23	05
		201	40
Anxiety Score	Normal	97	19
	Mild and moderate	44	09
	Severe and very sever	60	12
		136	27
Stress Score	Normal	64	13
	Mild and moderate	60	12
	Severe and very sever	12	02

Table 2
Psychological issues are linked to cognitive emotion control, according to regression analysis (N=500)

Variables	R	R2	AdjustedR2	F	P value
CER					
Psychological Problems	0.452	0.216	0.212	51.223	.000

CER: Cognitive Emotion Regulation

Moreover the ability to regulate one's emotions cognitively has been found to be a strong predictor of a wide range of psychological issues. The regression analysis led to the following conclusions: Cognitive emotion management has a 37.9% likelihood of causing depression [R²140.379, F 14 119.731, p.01]. a lot of distinctions were clarified Cognitive emotion is also a thing. Nervousness was found to be strongly linked to regulation in general.43.2 percent of the variation in a population can be explained. My life is full of conflict. Additionally, [R²140.307, F14 87.145, p.01] cognitive emotion control is a significant predictor. Cognitive emotion regulation, according to the research, accounts for 30.7 percent of the variance in stress levels.

Table 3 contains information about the study's variable's dependability. Due to the high level of reliability of both scales, they are well-suited for this inquiry. The Depression, Anxiety, and Stress Scale have a Cronbach alpha of 0.741, whereas the Cognitive Emotion Regulation Questionnaire has a Cronbach alpha of 0.762.

Table 3
Using Cronbach's alpha, we calculated the following

	Total items	Cronbach alpha
Questionnaire on Emotional Self-Regulation in the Mind based on the	36	0.762
Stress, Anxiety, and Depression Scale	21	0.741

Table 4
Cronbach's alpha

	Total items	Cronbach alpha
Questionnaire on Emotional Self-Regulation in the Mind based on the	36	0.762
Stress, Anxiety, and Depression Scale	21	0.741

Discussion

In light of the study's aims, the following sections discuss the current study's findings.

Covid-19 provides a fantastic opportunity to keep an eye out for indicators of mental illness in the general community. According to the findings, 33% of the subjects suffered from depression, 40% from anxiety, and 27% from stress. A normal level of all the indicated psychological problems was reported by 48 percent of respondents (N 14 242), whereas 52 percent (N 14 258) reported mild to severely

severe levels of all these disorders. Furthermore, Covid-19 and previous studies have shown that these findings are consistent. Research conducted in China during the pandemic outbreak discovered that people were suffering greatly. In China, more than half of the research participants said the worrying outbreak had had a significant impact on their mental health. Another Danish study looked at the psychological impact of covid-19 on people and found that the epidemic is bad for mental health and causes depression (Sonderskov KM, 2020). During covid-19, about half of respondents in a study conducted by the American Psychiatric Association in the United States reported having psychological issues such as anxiety (Association, 2020).

In addition, the role of cognitive emotion control in predicting psychological issues in the general population was investigated. Following a stressful experience like covid-19, cognitive emotion control was found to be a major predictor of participants' psychosocial difficulties. The previous study has backed up the predictions. Over the last few decades, coping techniques such as cognitive emotion regulation (CER) have been linked to a number of mental health issues, including depression and anxiety, as well as substance misuse, masochism, and post-traumatic stress disorder (PTSD) (H., 2016; Duarte AC, 2015). The study's third and final goal was to see how predictive cognitive emotion regulation was in subdomains of psychological issues like depression, stress, and anxiety. Throughout the distribution of covid-19, a regression study demonstrated that cognitive emotion regulation had a statistically significant influence on sadness, tension, and anxiety in the general population.

Conclusion

According to the findings of this study, 72% of covid-19 participants had one or more of the targeted psychiatric diseases, and cognitive emotion regulation is a major predictor of depression, stress, and anxiety. To address these findings, psychological planning, interventions, and therapeutic programmes are required, such as workshops in community and educational settings to raise awareness, self-management skills training to effectively deal with traumatic situations, counselling, and psychoeducational programs. Those who were uninformed of COVID-19 and spent more time reading the news were more likely to experience anxiety and depression.

Psychological therapy tailored to the individual's needs is the only way to improve mental health. To prevent virus transmission among young people who are more likely to use mobile applications, CBT (cognitive behavioral therapy) should be made available online or via smartphones. Because increased awareness and accurate understanding of COVID-19 were linked to lower levels of anxiety and despair, further efforts to raise awareness and a reduction in the spread of rumors may assist to enhance people's mental health

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