

# Psychological Impact of the COVID-19 Pandemic on Healthcare Workers in India

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## PERSPECTIVE

The World Health Organization (WHO) proclaimed COVID-19, a novel coronavirus disease, an international public health emergency in January 2020. It was reported that there was a high possibility of COVID-19 spreading to other countries throughout the world. COVID-19 was declared a pandemic by the World Health Organization in March 2020. However, this unexpected catastrophe is causing a lot of worries, anxiety, and depression.

The novel coronavirus-19 (COVID-19) started in Wuhan in China. Since then it's affected most of the nations and continents due to its rapid spread. This disease was declared a public health-related emergency by the planet Health Organization followed by declaration of an epidemic status in March, 2020. Most ordinarily affected are the healthcare professionals who are performing on the frontline. They suffer from severe psychological side-effects which can be attributed to extremely long working hours, heavy workload, and inadequate supply of Personal Protective Equipments (PPE) supplies, over-reporting by audiovisual and social media, and various news channels and a high rate of infection among the handling staff.

As per WHO, psychological state disorders constitute one among the most explanation for disability around the world. Stress may be a process wherein external or environmental demands exceed the difference capability of any organism which ends up in biological along side psychological alterations which at large may place those people in danger of disease. Anxiety are often defined as "a physiological and mental state which is characterized by various somatic, cognitive, behavioural, also as emotional components." All of those components when combined together may cause the creation of an unpleasant feeling which has been related to fear, worry, and feeling of uneasiness. It's a generalized mental condition occurring with no trigger or stimulus. Various symptoms of depression are: anxious, sad and empty feelings, hopelessness, guilt and should be sense of helplessness, restless attitude, irritation, and lack of interest in various hobbies and activities and were once considered relaxable and which are wont to provide pleasure.

The continuing coronavirus (COVID-19) pandemic has a massive impact on the psychological health of healthcare also non-healthcare

professionals. There's an increasingly pressing requirement to deal with these impacts on a person's psychological state by protection also as promotion of overall well-being during also as after the outbreak is over.

The control of COVID-19 disease is also largely impacted by the intervention of psychological problems faced by medical and non-medical individuals. The coronavirus-19 pandemic (COVID-19) has affected India in a large manner. The associated uncertainty has been increasingly testing the psychological resilience of general public as well as of the healthcare related professionals. While the main focus is concentrated on laboratory testing, finding the disease cure and prevention of transmission, all individuals are undergoing a plethora of psychological problems while adjusting to current lifestyles and disease fear. In current study, an attempt has been made to find out the impact of this pandemic situation on the psychological well-being of healthcare and non-healthcare workers. Our study has reported identical findings to those reported by numerous investigators working across the globe.

Many psychological problems and important consequences in terms of psychological state including stress, anxiety, depression, frustration, uncertainty during COVID-19 outbreak emerged progressively. Common psychological reactions related to the mass quarantine which was imposed to attenuate the COVID-19 spread are generalized fear and pervasive community anxiety which are typically associated with disease outbreaks and increased with the escalation of latest cases alongside inadequate, anxiety-provoking information which was provided by media. The psychological reactions to COVID-19 pandemic may vary from panic behavior or collective hysteria to pervasive feelings of hopelessness and desperation which are related to negative outcomes including suicidal behavior. Importantly, other health measures could also be compromised by abnormally elevated anxiety.

Specific preventive strategies at the community level like (i) implementing effective communication and (ii) providing adequate psychological services should be administered so as to attenuate the psychological and psychosocial impact of COVID-19 outbreak. Health education must be enhanced using online platforms, social fear associated with COVID-19 must be correctly addressed while stigma and discrimination got to be recognized as major challenges

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ready to reinforce the emotions of uncertainty during a period of social crisis. Hospitals protocols linked to the first and effective management of health emergency got to be implemented while healthcare professionals got to be supplied by adequate protective facilities.

Scientific community should provide appropriate information to attenuate the impact of hysteria, frustration, and every one the negative emotions which represent important barriers to the right management of social crisis and psychological consequences associated with pandemic. Unmet needs should be rapidly identified by medical staff who got to communicate frequently and during a timely manner with most of patients to know the danger to develop new symptoms or worsen a preexisting psychological distress. Furthermore, telephones helplines, Internet access, active social networks, dedicated blogs and forums should be implemented so as to scale back social isolation and loneliness also as allow to specific populations (e.g. infected subjects in hospitals or quarantine settings) the successful communication with their loved ones.

Marginalized populations like elderly individuals or those with psychological problems should be ready to actively consult clinical psychotherapists to rapidly detect warning signs. Finally, telemedicine should be really implemented especially in areas

where psychological state services are poorly represented or severely impaired by the rapid spread of pandemic and lockdown restrictions. Importantly, symptoms associated with initial psychological crisis along side the necessity to perform effective interventions using personalization and monitoring of adverse drug reactions associated with psychoactive medications should be detected by psychiatrists.

The impact that this pandemic is casting over the psychological state of the healthcare workers shouldn't be overlooked today and even within the coming times when the crisis is over. It's implicational high need for psychological support and interventions for maintaining a strong clinical workforce. Early screening targeting the medical workforce and implementation of psychological interventions are essential for shielding and maintaining the functionality of the health-care system.

Implementing community-based strategies to support resilience and psychologically vulnerable individuals during the COVID-19 crisis is prime for any community. The psychological impact of fear and anxiety induced by the rapid spread of pandemic must be clearly recognized as a public health priority for both authorities and policy makers who should rapidly adopt clear behavioral strategies to scale back the burden of disease and therefore the dramatic psychological state consequences of this outbreak.