

ANALYSING THE EFFECT OF COVID-19 ON THE WELL-BEING OF YOUNG ADULTS

Deeksha Harit

University of Delhi

DOI: 10.46609/IJSSER.2022.v07i09.007 URL: <https://doi.org/10.46609/IJSSER.2022.v07i09.007>

Received: 1 September 2022 / Accepted: 12 September 2022 / Published: 28 September 2022

ABSTRACT

The research follows the aspect to study the subjective well being of young adults. The era of post pandemic holds importance, the same is taken to assess well being. Youth health is crucial for the growth of a nation. The method of random sampling was initiated with the help of google forms, post which, the answers to each question was analysed and depicted in the form of pie charts.

KEYWORDS: Subject Well-being, Mental Health, Public Health, Stressors, Youth.

INTRODUCTION

Mental health is a condition of mental wellness that enables people to manage life's stressors, develop their potential, study and work effectively, and give back to their communities. It is a crucial element of health and well-being that supports both our individual and group capacity to decide, form connections, and influence the world we live in. A core human right is access to mental health. Additionally, it is essential for socioeconomic, communal, and personal development.

The absence of mental diseases is only one aspect of mental wellness. It has variable degrees of difficulty and suffering, is experienced differently by each individual, and may have very different social and therapeutic implications. It exists on a complex continuum.

Our overall health is fundamentally impacted by our mental well-being. Society frequently views health as being biological and physical: our bodies' state, our eating habits, and our level of physical activity. However, something crucial to health is lacking from this. It's mental health, which includes both our internal workings and how we characterise ourselves in daily life.

In general, mental health refers to the capacity to thrive despite ups and downs in a variety of

spheres of life, including relationships, employment, play, and more. It's the conviction that we can solve our difficulties and the knowledge that we are not our problems.

It's crucial to comprehend what mental wellbeing is not before investigating what it is.

Being mentally healthy implies having positive feelings about both yourself and the world around you, as well as having the freedom to live your life how you see fit. Learning can increase our sense of purpose, self-worth, and ability to interact with other people.

The mix of how we feel (our emotions and level of life satisfaction) and how we behave can also be used to explain mental wellness (relationships with others, personal control, purpose in life and independence). Everyone, young and old, is affected by it, and anyone might have good or bad mental health.

Impact of the COVID-19 pandemic on psychological well-being on Delhi NCR-

A study conducted by Childhood Enhancement Through Training and Action (Chetna), an NGO, on psychological effects of Covid-19 on slum and street children in Delhi found that 56% of them experienced mild psychological distress and 13% had moderate issues.

The year-long study said kids were positively inclined towards vaccination and had adequate coping mechanisms in the face of struggle due to Covid-19. The study was conducted in three phases by Chetna, along with Dr Bhavna Barmi from Fortis Escorts Heart Institute and supported by Toybox Charity. In the first phase, out of 178 participants screened from slums in east, west and south Delhi, 123 (69%) were accepted and 55 (31%) were ruled out as they were observed to have clinical symptoms of depression and anxiety. They were referred for appropriate counselling and therapeutic services. The sample was divided into two age groups - 8-12 years and 13-16 years.

In all, 31% of children were found to be under moderate to severe stress levels. Three psychological assessment scales were used and they were found to be above average on psychosis, anxiety and depression. Therefore, they could not be taken in the sample study. These children may have been impacted intensely due to factors contributed by the pandemic

Around 56% of the participants were under mild distress, 13% under moderate distress and 30% fell under the healthy category. This indicates that the participants experienced psychological distress in all domains of social, emotional, cognitive, behavioural and somatic distress to an extent that it could be identified and needs to be further addressed as a preventive measure."Regarding their approach and perspective towards Covid-19 and its effects, it can be stated that the children had a positive outlook towards vaccination and future health. However,

they did not have in-depth understanding of benefits provided by the government, which led to the need for wider community awareness in slums.

IMPACT OF COVID-19

The COVID-19 epidemic is having profound effects on how we work, interact, and live as well as on the economic, social, and environmental systems that sustain long-term well-being. The OECD Well-being Framework provides a method for methodically capturing the human effects of COVID-19 and presents a more comprehensive picture across the gamut of policy.

The World Health Organisation originally proclaimed COVID-19 a global pandemic in March 2020, and in the months that followed, the situation quickly escalated from a public health crisis to a global economic and social crisis, with both immediate and probable long-term repercussions.

In the first year of the pandemic across the OECD (Organisation for Economic Co-operation and Development) -

Income and wealth: Although the average household disposable income rose by 2.9% between 2019 and 2020 in the 25 OECD nations, 31% of people were still having financial troubles at the end of the year.

Work and job quality - Between 2019 and 2020, the unemployment rate increased by 1.7 percentage points, the labour force underutilization rate doubled, and 14% of employees believed they would lose their jobs within three months.

Physical and mental health - By the end of 2020, more than a quarter of people in 15 OECD nations would be at risk for either anxiety or depression due to excess mortality, a 0.6-year decline in life expectancy, and increased excess mortality rates.

Work-life balance: 1 in 3 persons reported being too worn out to complete basic household tasks. However, work was more likely to intrude into personal life. Teleworkers were less worn out and spent more time with their families.

Social connections: In 22 European OECD countries in early 2021, 1 in 5 people reported feeling lonely most of the time or always, an increase from 1 in 7 in the early stages of the epidemic.

Reduced social contact is an especially crucial precaution for older persons since they are substantially more likely to experience severe consequences or die as a result of COVID-19 infection. Younger folks, who also face job instability and insecurity, have seen some of the biggest drops in their mental health, social connectivity, and life satisfaction in 2020 and 2021.

Youth unemployment rate : In 22 European OECD countries, workers aged 18 to 24 believed they were likely to lose their job in the near future, compared to 11% of persons aged 25 and older. The youth unemployment rate was double that of other working-age adults. The rates of anxiety and depression among people aged 15 to 24 have been greater than those of older age groups both early in the pandemic (April through December 2020) and later on, according to survey data from 12 OECD nations (January through June 2021)

During the pandemic, average well-being results varied by gender as well as across various family types. Men had a larger rate of excess fatalities than women, despite the fact that women are more likely to have a long COVID. In the first year of the epidemic, women also experienced greater declines in their mental health and felt more alone.

At the same time, whether through their employment or doing unpaid caregiving duties at home, women have frequently been on the front lines of pandemic care. According to data from several OECD nations, even when men increased their share of unpaid work (such as housework, homeschooling, and care work), this was only a temporary solution and was insufficient to match women's efforts.

Well-being evidence can support policy makers in shaping a comprehensive and balanced approach to building forward, by:

Refocusing: Refocusing is directing government action toward the issues that are most important to the wellbeing of individuals and society. Governments may lay the groundwork for a more resilient, egalitarian, and sustainable society and economies by focusing specifically on well-being outcomes. Although OECD countries had very different performance patterns prior to the pandemic, this report has identified a number of shared priorities for recovery strategies, including raising the bar for poor physical and mental health, taking decisive action against climate change, enhancing outcomes for at-risk youth, and restoring trust in people and institutions.

Redesigning: Instead of concentrating on a limited set of outcomes, policies and programmes should be developed in a cohesive and integrated manner that systematically evaluates potential consequences across multiple well-being objectives. The post-pandemic strains on public finances emphasise how crucial it is for recovery measures to take into account important social goals concurrently rather than in succession and to develop cohesive policies upstream rather than remedy for unfavourable externalities later.

Realigning: The COVID-19 problem has brought to light the intricate relationships that exist

between the social, economic, relational, and environmental outcomes that support human well-being. By moving the emphasis from separate departments' more specialised outputs to common, outcome-based goals, well-being frameworks can help the government system align to work cooperatively toward priorities. Multidimensional well-being monitoring, setting priorities based on evidence, enhancing integration, and collaboration are essential institutional building blocks for success.

Reconnecting: fostering relationships across the public, private, and civil sectors based on a shared understanding of what well-being is and how to enhance it. Making rehabilitation programmes more receptive to persons who are underserved and underheard requires reaching out to those who experience more challenges to participation.

METHODOLOGY

OBJECTIVE: The objective of the research is to understand the effect of COVID-19 on the well-being of young adults aged 25-35 years in the region of Delhi-NCR.

VARIABLES: The scale used here was the Subjective Well-being inventory (SUBI) which was given by Dr H Sell and Dr R. Nagpal. The subjective well-being inventory is designed to measure feelings of well-being or ill-being as experienced by an individual or a group of individuals in various day-to-day life concerns.

SAMPLE: A sample of 100 individuals was taken aged from 25-35 years in the region of Delhi-NCR. Some participants identified themselves as male, some as female and some preferred not to mention their identity.

DESCRIPTION OF TOOLS

The Subjective Well-Being Inventory (SUBI) is designed by Nagpal & Sell (1992) to measure feelings of well-being or ill-being as experienced by an individual or a group of individuals in various day-to-day life concerns. It is made up of 40 items, consisting of 11 dimensions which are further divided into two parts: General Well-Being and Ill-Being. The SUBI can be scored by attributing the values 3, 2 and 1 to response categories of the positive items, and 1, 2 and 3 to the negative items. The minimum and maximum scores that can thus be obtained are 40 and 120 respectively. The total score can be interpreted summarily in the light of three broad score ranges: 40-60, 61-80 and 81-120 to have an overall picture of the well-being status.

PROCEDURE

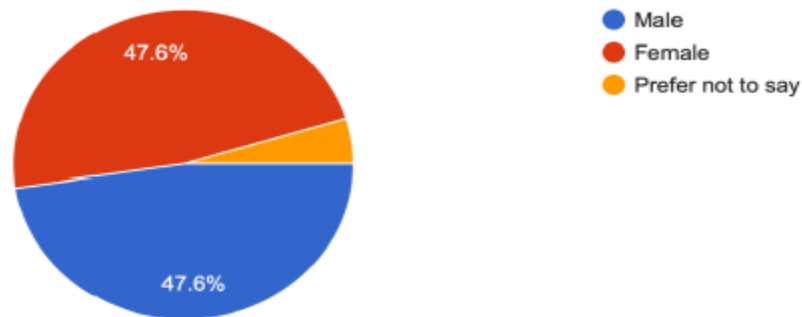
The research was done to explore and understand the effect of COVID-19 on the well-being of young adults aged 25-35 years in the region of Delhi-NCR. Recent studies and researches were

examined to give a direction to the research and to build a conceptual framework for the research. After reviewing literature to build around the already existing knowledge, data collection was initiated. Tools pertaining to the variables were selected considering the validity, reliability and psychometric properties of the tests. A Google form with both the questionnaires was formed and circulated to the participants on various platforms. A brief introduction of the questionnaire along with instructions on how to fill the questionnaire were mentioned in the google form. Once the sample size was met the data was downloaded on an excel sheet for further analysis. Data was tabulated and repeated responses from the same participant were removed. The reverse scoring was done for the negative statements. The total scores for each participant on both the questionnaires were calculated. correlation was calculated using the SPSS software for windows.

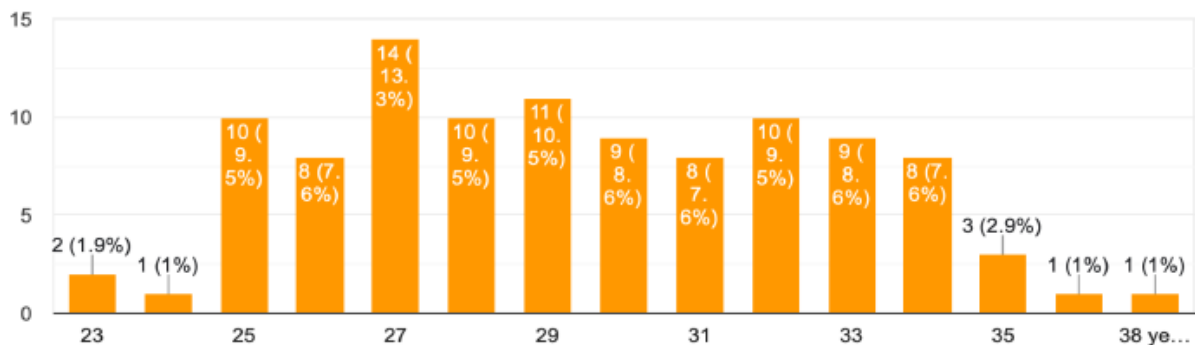
RESULT

The following are the responses of 105 individual

How do you identify yourself?
105 responses

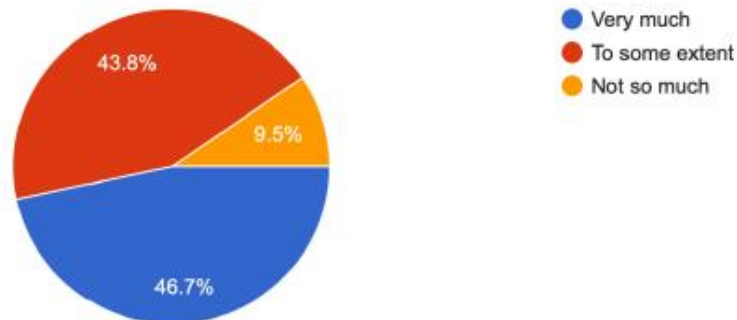


What is your age?
105 responses



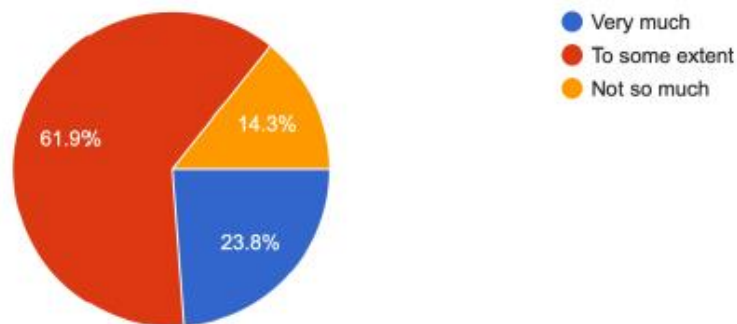
Do you feel your life is interesting?

105 responses



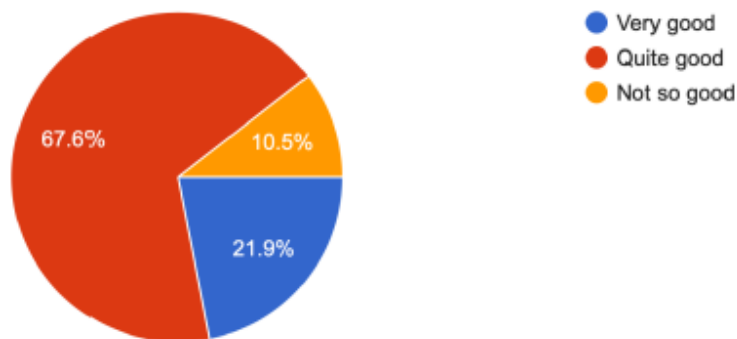
Do you think you have achieved the standard of living and the social status that you had expected?

105 responses



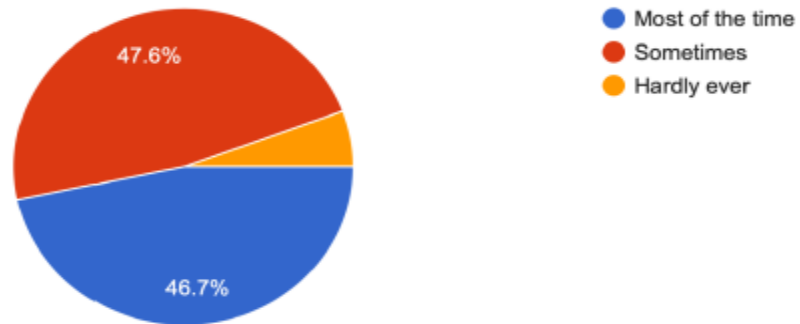
How do you feel about the extent to which you have achieved success and are getting ahead?

105 responses



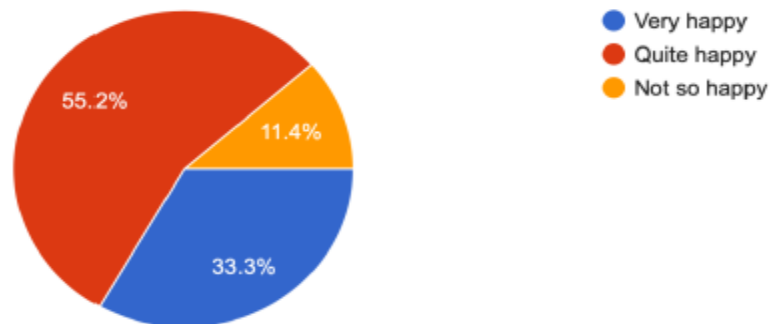
Do you normally accomplish what you want?

105 responses



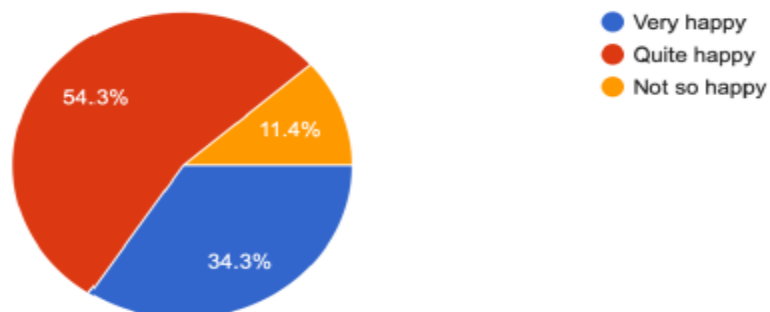
Compared with the past, do you feel your present life is:

105 responses



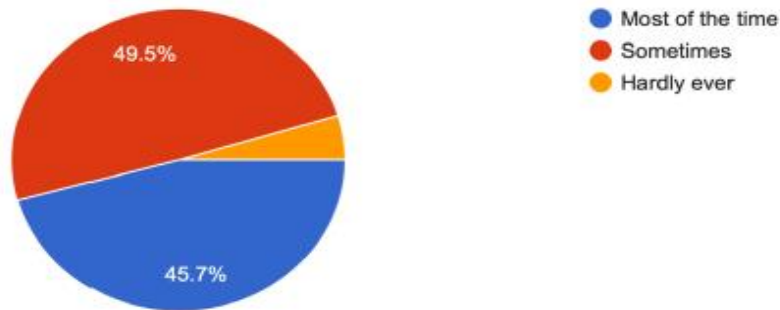
On the whole, how happy are you with the things you have been doing in recent years?

105 responses



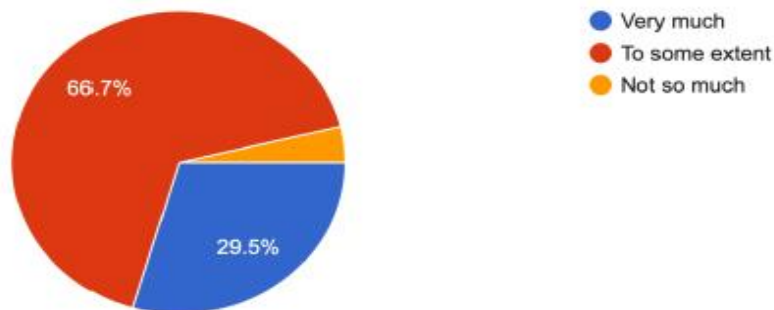
Do you feel you can manage situations even when they do not turn out as expected?

105 responses



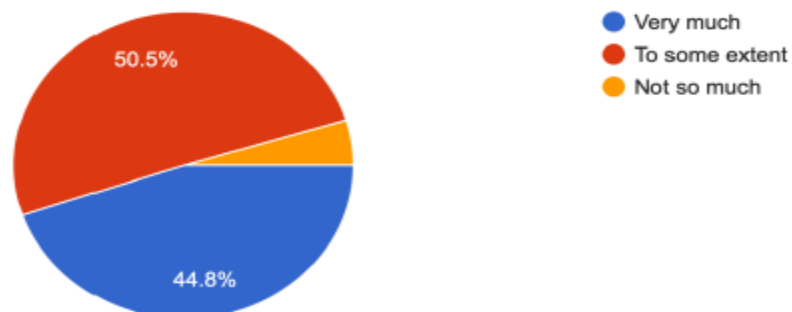
Do you feel confident that in the case of a crisis (anything which substantially upsets your life situation) you will be able to cope with it/face it boldly?

105 responses



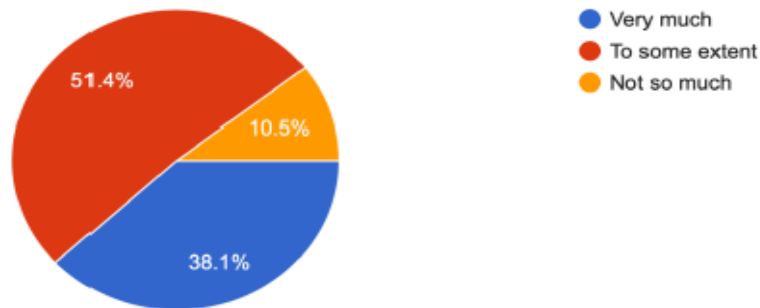
The way things are going now do you feel confident in coping with the future?

105 responses



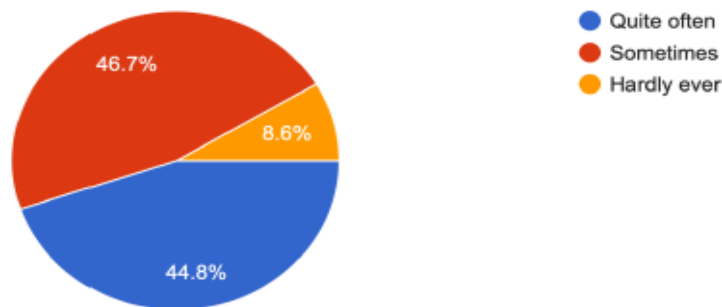
Do you sometimes feel that you and the things around you belong very much together and are integral parts of a common force?

105 responses



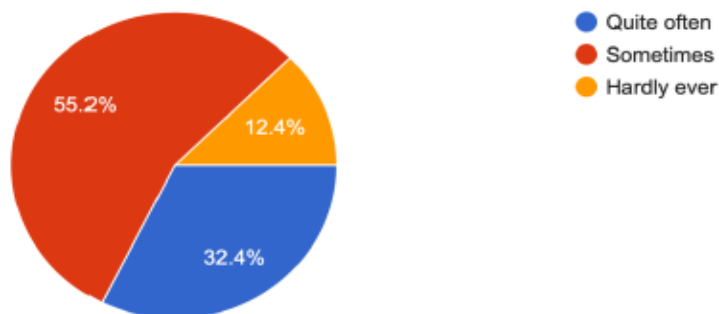
Do you sometimes experience moments of intense happiness almost like a kind of ecstasy or bliss?

105 responses



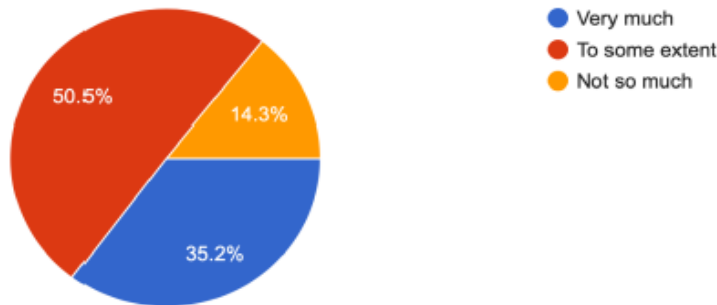
Do you sometimes experience a joyful feeling of being part of mankind as of one large family?

105 responses



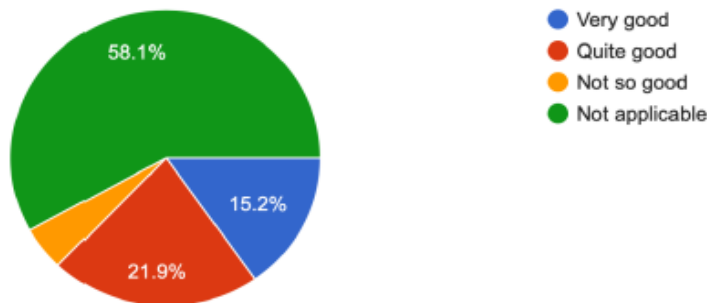
Do you feel confident that relatives and/or friends will help you out if there is an emergency, e.g. if you lose what you have by fire or theft?

105 responses



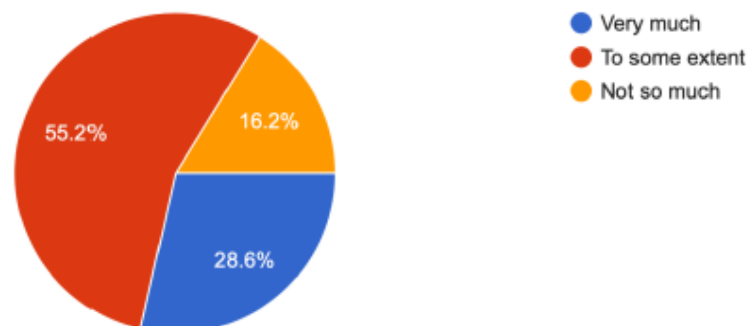
How do you feel about the relationship you and your children have?

105 responses



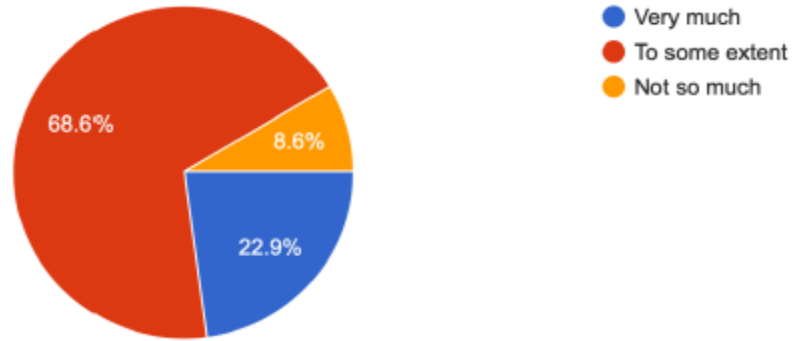
Do you feel confident that relatives and/or friends will look after you if you are severely ill or meet with an accident?

105 responses



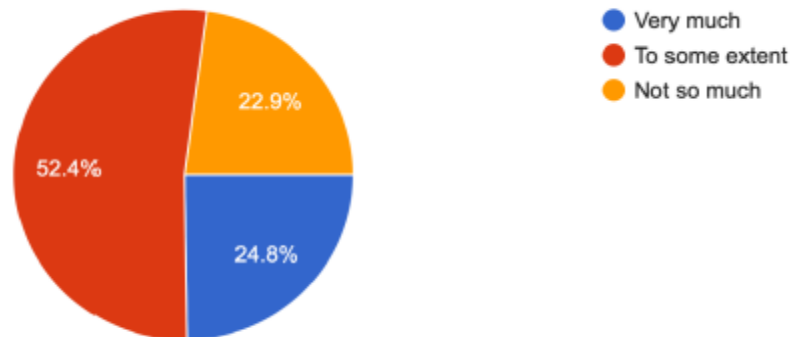
Do you get easily upset if things don't turn out as expected?

105 responses



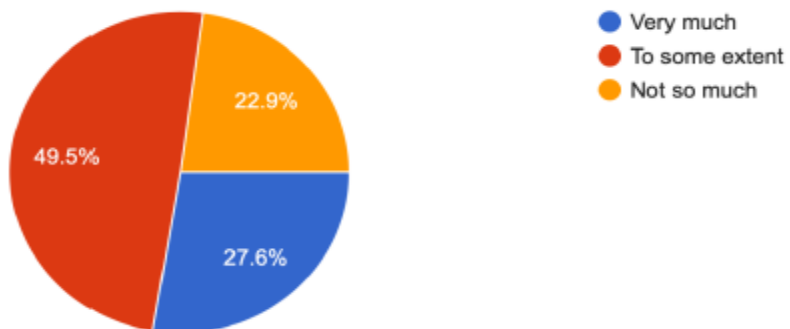
Do you sometimes feel sad without reason?

105 responses



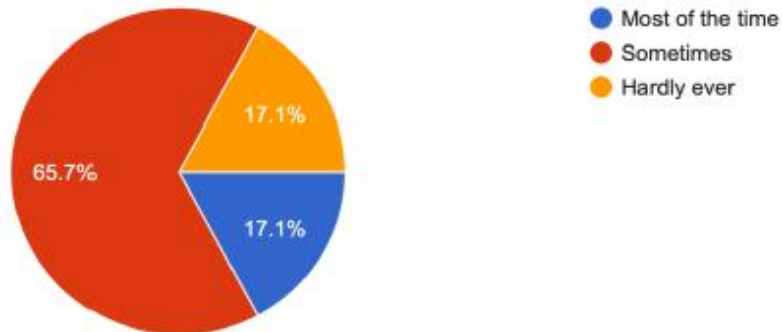
Do you feel too easily irritated, too sensitive?

105 responses



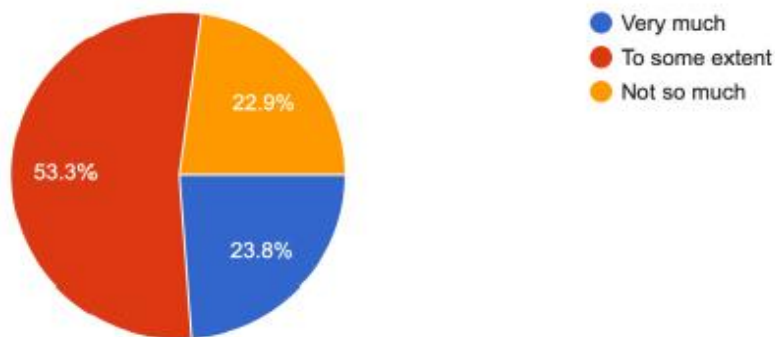
Do you feel disturbed by feelings of anxiety and tension?

105 responses



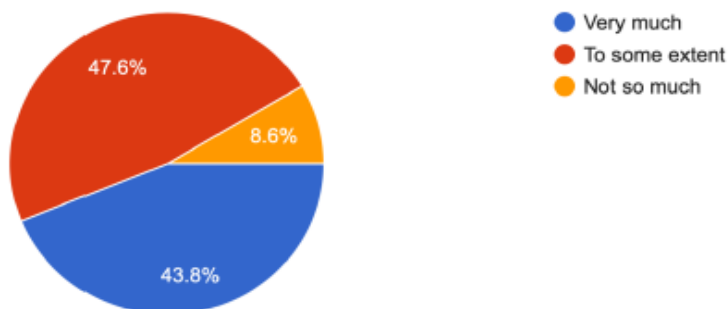
Do you consider it a problem for you that you sometimes lose your temper over minor things?

105 responses



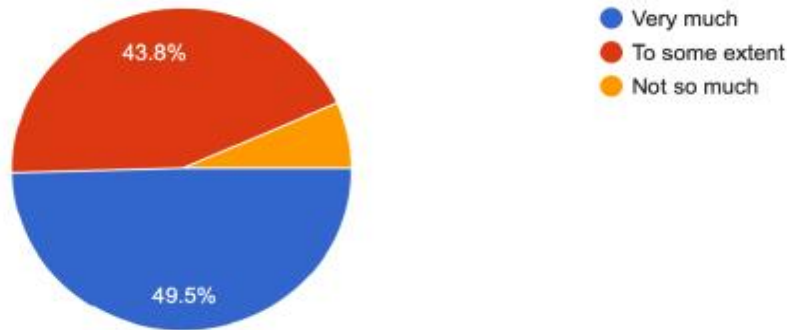
Do you consider your family a source of help to you in finding solutions to most of the problems you have?

105 responses



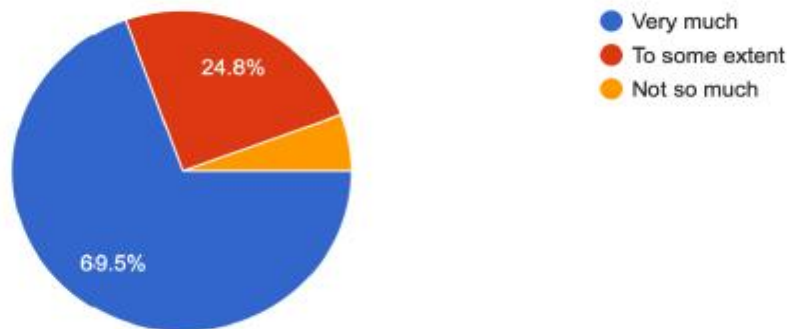
Do you think that most of the members of your family feel closely attached to one another?

105 responses



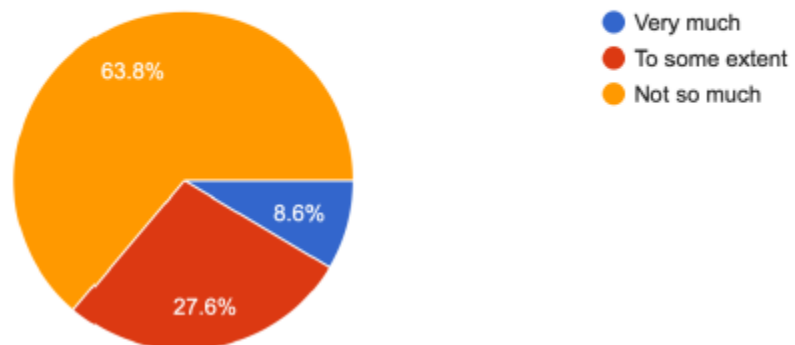
Do you think you would be looked after well by your family in case you were seriously ill?

105 responses



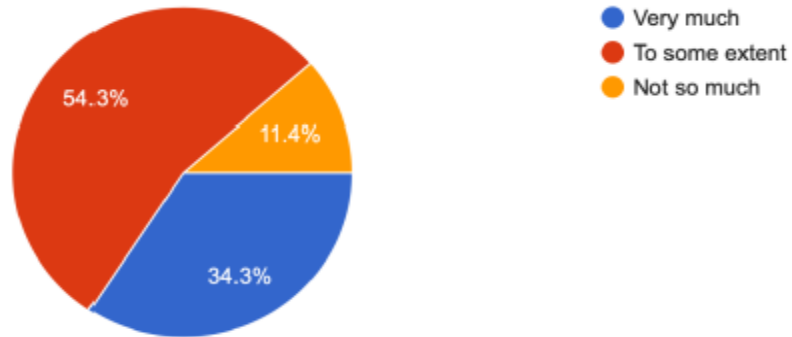
Do you feel your life is boring/uninteresting?

105 responses



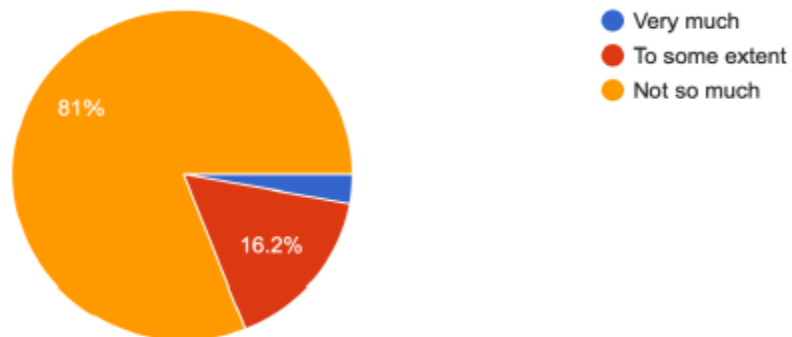
Do you worry about your future?

105 responses



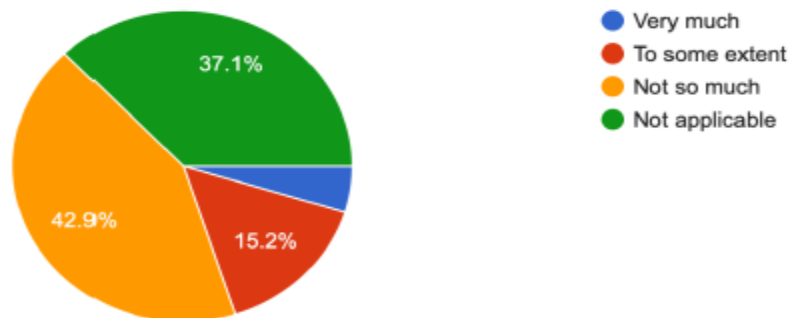
Do you feel your life is useless?

105 responses



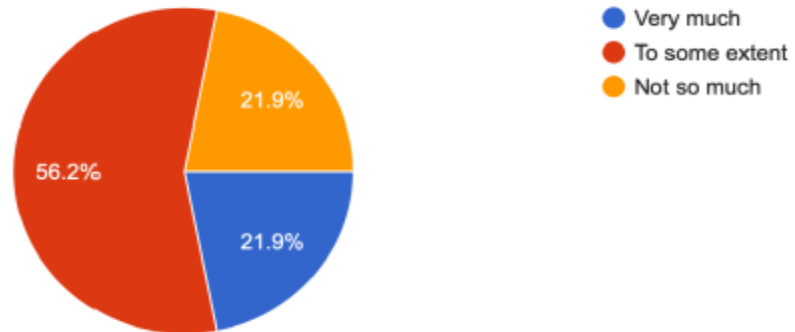
Do you sometimes worry about the relationship you and your wife/husband have?

105 responses



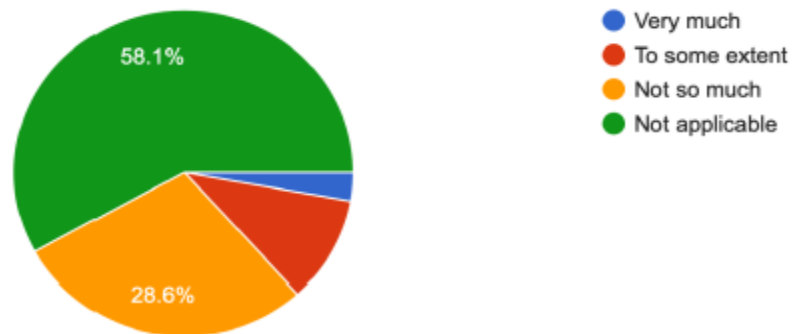
Do you feel your friends/relatives would help you out if you were in need?

105 responses



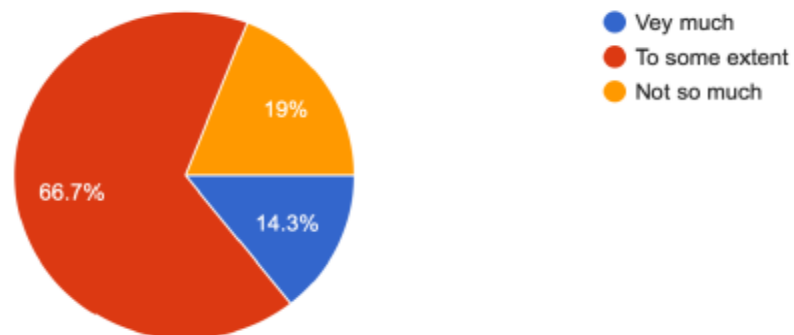
Do you sometimes worry about the relationship you and your children have?

105 responses



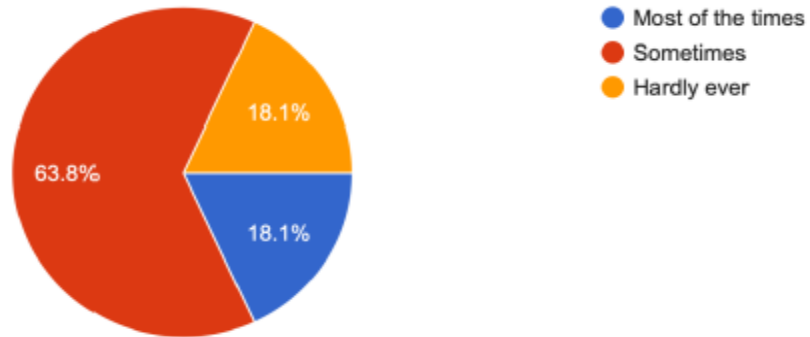
Do you feel that minor things upset you more than necessary?

105 responses



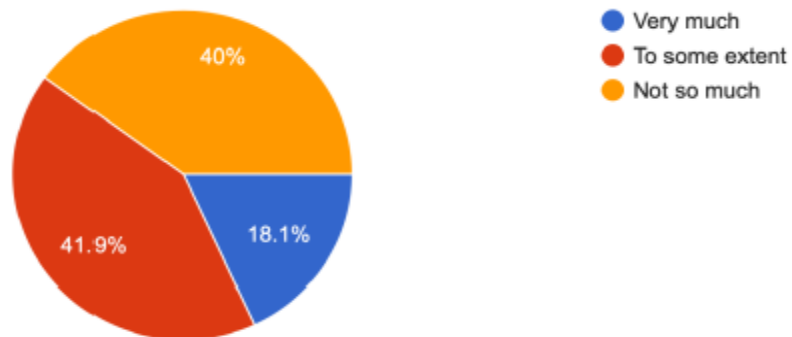
Do you get easily upset if you are criticized?

105 responses



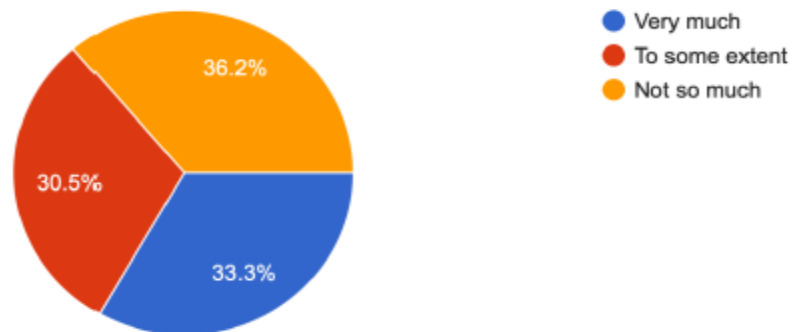
Would you wish to have more friends than you actually have?

105 responses



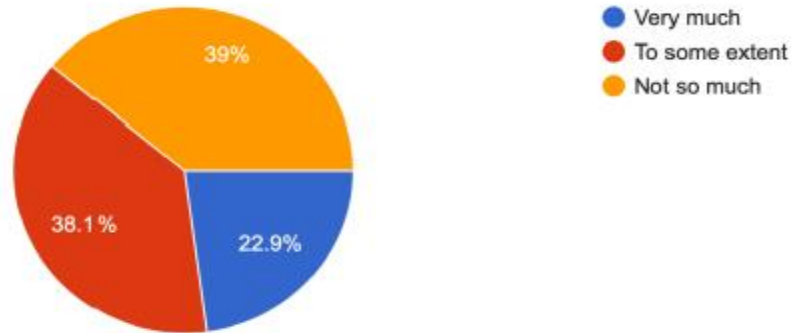
Do you sometimes feel that you miss a real close friend?

105 responses



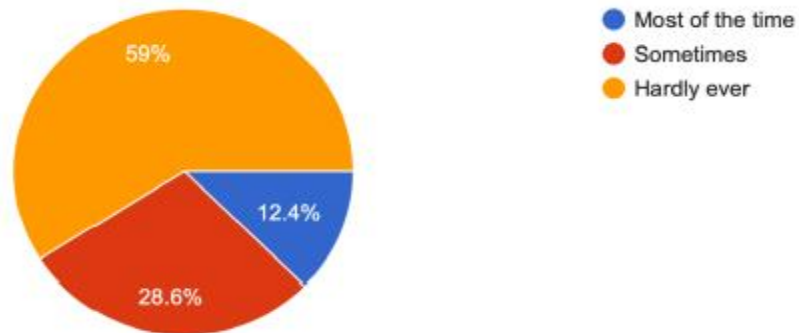
Do you sometimes worry about your health?

105 responses



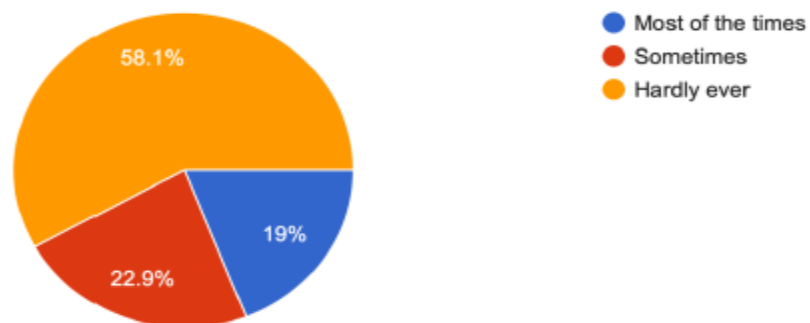
Do you suffer from pains in various parts of your body?

105 responses



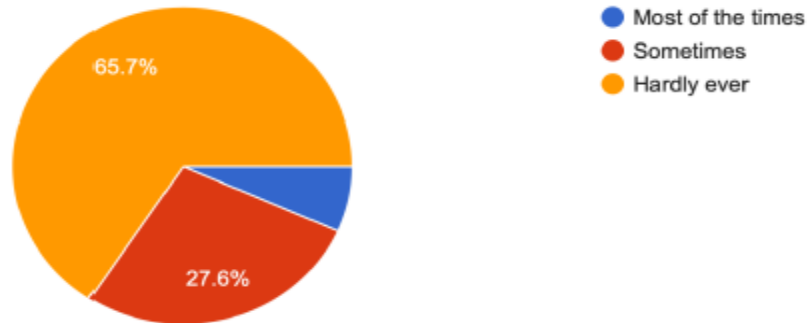
Are you disturbed by palpitations/a thumping heart?

105 responses



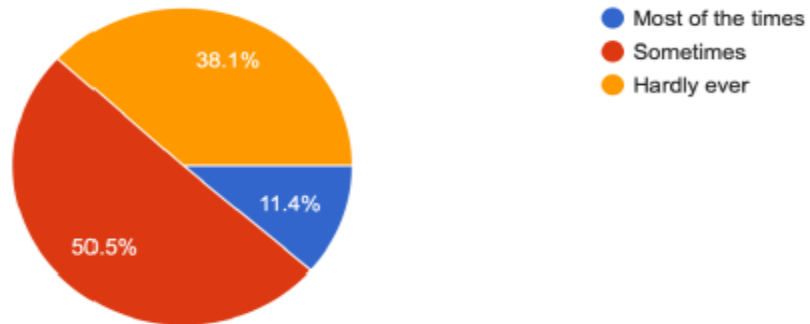
Are you disturbed by a feeling of giddiness?

105 responses



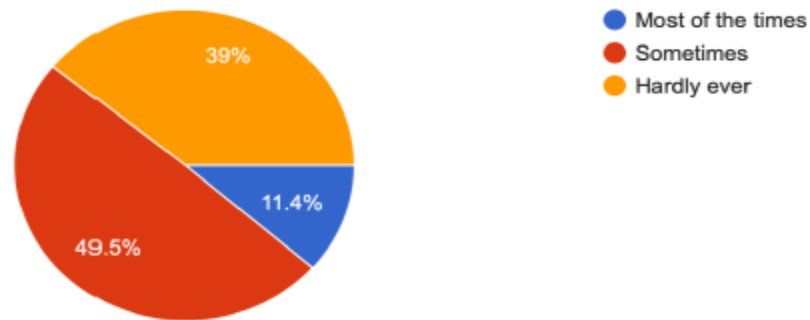
Do you feel you get tired too easily?

105 responses



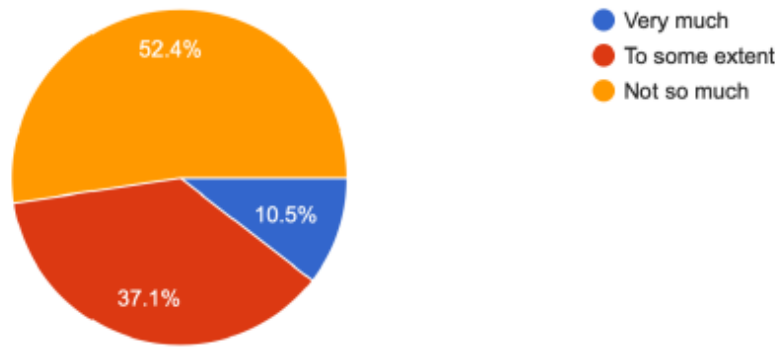
Are you troubled by disturbed sleep?

105 responses



Do you sometimes worry that you do not have close personal relationship with other people?

105 responses



DISCUSSION

Year 2020 presented difficulties for international supply systems. Supply chains all across the world were exposed to vulnerabilities as well as resiliencies as a result of the supply shock that began in China early in the year and the demand shock that followed it when major portions of the global economy shut down. Retailers had to deal with disruptions in supply and demand, merchandise that was stuck in manufacturers, global lockdowns, changing trade laws, and surges caused by stockpiling of necessities like toilet paper. They had to deal with e-commerce that was expanding quickly and with growing consumer demands for security, openness, and omni-channel fulfilment.

From the above results we came to know about various aspects of percentages about the questions that have been put in the questionnaire -

About 43.8% people to some extent feel that their life is interesting whereas only 9.5% people feel hopeless. About 81% of people feel that their life is useless and ,about 56% people feel to some extent their friend will help them out if needed. The young people in India between the ages of 10 and 24 make up one of the country's most valuable resources. They are in a vulnerable stage of life where many intrinsic and extrinsic variables that affect their health and safety might have a negative impact on them. Nearly 10–30% of young people have health-harming behaviours or conditions that demand the immediate attention of decision-makers and public health specialists. This population is specifically affected by, and is negatively impacted by, nutritional disorders (both malnutrition and overnutrition), tobacco use, harmful alcohol use, other substance use, high-risk sexual behaviours, stress, common mental disorders, and injuries (road traffic injuries, suicides, and violence of various types).

In terms of mortality, morbidity, disability, and socioeconomic losses, many of these, including

mental and neurological illnesses and injuries, are precursors and predictors of non-communicable diseases (NCDs). Numerous health policies and programmes have targeted specific individual health issues, and coordinated, integrated (both vertical and horizontal) approaches are lacking. In order to combat the rising tide of NCDs and injuries, India has to implement healthy lifestyle and health promotion policies and programmes that are fundamental to the health of young people.

Youth health is extremely important. The majority of young people are assumed to be in good health, but according to the WHO, 2.6 million young people between the ages of 10 and 24 are estimated to die every year and a much higher number of young people experience illnesses or "behaviours" that prevent them from reaching their full potential. The illnesses or behaviours that were started in a person's youth are responsible for about two-thirds of premature deaths and one-third of the total disease burden in adults (e.g. tobacco use, physical inactivity, high risk sexual behaviours, injury and violence and others).

Their current health state and likelihood of developing certain chronic diseases in later years are determined by the behavioural patterns they form during this developmental phase⁹. The focus has shifted to the health, safety, and survival of the young people as a result of a significant decline in the mortality and morbidity of infectious, maternal, and neonatal illnesses since 1990 as a result of coordinated and integrated efforts. Understanding the population's health issues, the factors that influence their health, the treatments and proactive strategies that may be used to safeguard their health, and the development and implementation of policies and programmes are all vital.

Conclusion

To increase well being one should deal with these all steps to make his or her mental wellbeing uplift.

Be Kind to Yourself: It is simple to be hard on yourself when you are depressed. Try being sympathetic even if you're not in the mood to give yourself praise or compliments. And here's a little extra advice: If you're really having trouble being kind to yourself, try being kind to someone else. then congratulate yourself for accomplishing it . **Exercise:** Even a quick stroll or a flight of stairs can lower tension and improve focus. Exercise on a regular basis can improve mood, sharpen focus, and even help with anxiety and depressive symptoms. **Consume Healthily:** Anything you consume in excess of 10 cups per day should be water. However, a healthy diet also entails a positive attitude regarding food. Try new cuisines, enjoy meals with friends, and refrain from developing a food compulsion. Get the facts on eating disorders and take the crucial step of getting assistance if you do discover that your relationship with food is having an impact

on your mental or physical health. Get Enough Sleep: The American Academy of Sleep Medicine advises teens to get between 8 and 10 hours of sleep each night and adults over the age of 20 to get more than 7 hours. However, sleeping well also relates to the quantity and quality of your slumber. Dr. Eleanor McGlinchey, a sleep health expert, advises waking up at the same time every day, including weekends and holidays. This easy tip can ensure that you are operating and feeling at your best by helping you combat the "social jet lag" you may experience on Monday morning.

References

Bella Vista Health Center. (2016a, September 14). *How Socialization Affects Your Overall Mental Health | Bella Vista San Diego, CA.* <https://www.bellavistahealth.com/blog/2016/8/1/how-socialization-affects-your-overall-mental-health>

Bella Vista Health Center. (2016b, September 14). *How Socialization Affects Your Overall Mental Health | Bella Vista San Diego, CA.* <https://www.bellavistahealth.com/blog/2016/8/1/how-socialization-affects-your-overall-mental-health>

Lewis, B. (2019, June 13). *Want Better Mental Health? Socialize. | Mind Body Seven.* Mind Body Seven. <https://www.mindbody7.com/news/2017/12/28/want-better-mental-health-socialize>

NHS website. (2022, March 28). *5 steps to mental wellbeing.* Nhs.Uk. <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Tartakovsky, M. M. S. (2022, May 2). *8 Daily Habits to Boost Mental Health — and Signs It May Be Time to Get Support.* Healthline. <https://www.healthline.com/health/mental-health/habits-to-improve-mental-health#get-some-sun>