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## Impact on Psychological Disorder in Covid-19: Perspective of Bangladesh

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### Abstract

**Introduction:** COVID-19 is a pandemic concern now from the perspective of Bangladesh. Here, COVID-19 propagation is rising at an alarming rate. The COVID-19 pandemic plays a significant role in many individuals' psychological health and formed recent barriers for those already mentally ill. Global news, journals, and articles inform about psychological problems and their impact on our social life. **Objectives:** To identify impact of psychological disorder issues of COVID-19 among people in Bangladesh. **Method:** This review paper has established a secondary data collection method, and information was collected from different journals, periodicals, books and newspapers, etc. **Results:** The mental health of residents and employees is collectively affected by social trying to distance measures, compulsory lockdowns, isolated times, and apprehension of becoming sick, as well as the cessation of constructive behaviour, lost wages, and lack of self-confidence. **Conclusion:** This reviewed paper indicates appropriate government support, vaccination empowerment, and social awareness controlled through epidemics to minimize stress and sustain positive mental health.

**Keywords:** Pandemic, COVID-19, Psychological Disorder, Social Awareness.

### Introduction

Bangladesh, a low-middle income economy with one of the world's most densely populated populations, faces challenges in taking non-therapeutic preventive measures such as remote office activities, country lockdowns, and social distances during this pandemic (Anwar et al., 2020). The health and nutritional status of the population of Bangladesh are facing challenges incredibly complicated by demographic change and the Covid-19 epidemic, which requires the attention of policymakers and stakeholders (Fahim et al., 2021).

A study opined that Covid-19 affects mental health outcomes, for example-anxiety symptoms, depressive symptoms, and acute or long-term post-traumatic stress disorder. It is also revealed that socio-demographic factors and perceptions of Covid-19 were associated with mental health symptoms (Banna et al., 2020). As a result, since the outbreak of Covid-19, physical and mental health has been threatened, resulting in 28.5% stress, 33.3% anxiety, and

48.92% mild to severe depression, and 89.31% mild to severe event-specific pain (Khan et al., 2020a). In Bangladesh, from January 3, 2020, to April 8, 2022, there were 1,951,911 confirmed cases of COVID-19, with 29,123 deaths. As of April 4, 2022, about 252,731,398 vaccine doses have been given (WHO, 2022).

The Bangladesh government has already taken several precautionary measures to overcome the epidemic, such as announcing Covid-19 hotspots, setting lockdowns, and raising public awareness through social media and satellite TV channels. They encourage private and community healthcare initiatives to enhance hospital beds and COVID-19 treatment facilities. In addition, the Government has deployed defence forces and additional health workers to reduce the number of corona virus infections and increase public holidays (Haque, 2020).

Covid-19 infection was first detected in Wuhan City, China, and is considered an acute respiratory syndrome Covid-19 in early December 2019 (Harapan et al., 2020).

World Health Organization (WHO) predicts that the COVID-19 has become a pandemic that has created anxieties. Similar to a review performed by pedrosa et al. (2020), who analyzed SARS-arrival CoV-2's in December 2019, which highlighted the concern in several world regions (Pedrosa et al., 2020).

The World Health Organization announced a pandemic in March 2020 due to its rapid spread. When the Covid-19 virus grew here, the Bangladesh Government declared a lockdown, and people became prisoners at home from 22 March 2020. In this regard, people are confined to the house (Pedrosa et al., 2020).

Based in review studies, it is said that, these papers addressed many techniques for reducing the social impact of this situation. Papers also suggested that, as the pandemic wreaked destruction on healthcare services, increasing the prospect of mental damage among medical workers must be controlled and handled as soon as possible.

## **Methodology**

This review used a secondary data collection method

### **Effect of COVID-19 pandemic on the psychological condition of people in Bangladesh**

Mental health problems worldwide have increased significantly during the Covid-19. At the pandemic's beginning, the government-imposed lockdown and quarantine measure to prevent the virus's spread affected people's daily lives and health. The economic status, healthcare facilities, and other lifestyle factors of the people of Bangladesh has also affected by this pandemic (Das et al., 2021).

A study found anxiety, depression, and mild to severe stress levels ranged from 33.7% and 57.9%, and 59.7%, respectively, due to Covid-19, which urges consideration of easily accessible low-intensity mental health interventions during and after the pandemic (Banna et al., 2020). Research identifies that the suicidal tendency is higher where COVID-19 prevalence was high compared with districts with no reported cases (Sayeed et al., 2020).

On the other hand, limitations of a pandemic such as spatial distance, isolation, home quarantine, etc., affect economic stability and well-being, inducing psychological intermediaries such as grief, anxiety, fear, anger, frustration, guilt, helplessness, loneliness, and nervousness (Mamun and Griffiths 2020).

Ping et al (2020) documented that the Covid-19 virus affects not only the overall fitness but also the mental health status of the community. Similarly, stress and discomfort in popular

societies grew drastically, as did sickness, lower incomes, pandemic effects, and danger of contracting a disease, according to this report. COVID-19 is a virus that infects humans (Ping et al., 2020).

Similarly, Giorgi et al. (2020) identified that the Covid-19 disease significantly impacted social and working conditions. This study investigates the circumstances during the flu pandemic by incorporating person and social segments and giving insight into the potential person, societal, and professional responses to this "psychological pandemic" (Giorgi et al., 2020).

The COVID-19 outbreak and related disease safety systems may destroy the most vulnerable people, improving the status of Non-Communicable Disease (NCD) victims and risking the medical system's long-term viability.

Zulkipli et al (2020) explained that quarantine for COVID-19 could result in several physical disorders, including post-traumatic turmoil, exhaustion, frustration, anxiety, and even substance abuse. Hence, there is a need to create an appropriate approach to improve mental health and resolve issues that emerged during the COVID-19 pandemic of post psychological disorders (Zulkipli et al., 2020).

The eruption of Covid-19 infection 2019 has caused widespread concern about the virus's actual or perceived health risks. This work looked into the social impact and anxiety in the front liner of non-medical staff in Wuhan, who was among the first and had the awful COVID-19 virus infection. Effective treatment interventions should be initiated to better the lives of females and younger people. Hence, there is a need to create an appropriate approach to improve mental health and resolve issues that emerged during the COVID-19 pandemic primarily related to the post psychological disorder (Zulkipli et al., 2020).

However, the reviewed papers are closely related and worked to explore approaches that may include all government and industry agencies to protect vulnerable people and minimize the outbreak's effects.

### **Mental health and physical condition assessment during COVID- 19 pandemics**

Since its outbreak, the COVID-19 epidemic has posed a threat to physical and mental health (Banna et al., 2022). Bodrud-Doza et al (2020) discussed anxiety symptoms and have disseminated the COVID-19 pandemic and misleading information in the press. Due to the COVID-19 pandemic, Bangladesh has experienced intermittent lockdown, increased urban communication, and exacerbated the healthcare problem. The government needs to take appropriate inclusive initiatives for managing risk, advertising, and economic stimulus for the citizens to mitigate their stress and paranoia (Preti et al., 2020). And get proper action to improve their psychological and physical condition (Bodrud-Doza et al., 2020).

A study identified stress, anxiety, depression, and post-traumatic symptoms as causes of fear of infection, economic uncertainty, inadequate food supply, lack of physical exercise, and limited or no recreational activity (Khan et al., 2020b).

After all, these reviewed papers above proposed measures which include evaluating and encouraging coping mechanisms and adaptability, providing sufficient protection to identify target healthcare professionals, and organizing internet-based services.

### **Health risks as an obstacle to Covid-19 Bangladesh Responses to Societal Quality of life:**

COVID-19 lockdowns pose significant economic, mental, and physical hazards to many mothers and children in rural Bangladesh, and all family members require assistance (Hamadani et al., 2020).

The serious rate of developing resistance culminated in a global pandemic of COVID-19. Most countries have implemented public health policies such as decreased social interaction and quarantine. Tele-psychiatry is an innovative and increasing form of providing mental care, but it is still underutilized.

Siraj et al., 2020 opined that parliament must provide guidelines on efficiently enforcing the system that prevents human health in situations of distress, particularly in the case of the COVID-19 pandemic (Siraj et al., 2020).

This reviewed paper suggested that the COVID-19 pandemic could offer the opportunity to consider and encourage awareness of the technological era's opportunities among various mental health professions.

### **Continuous lockdown and academic uncertainty during the COVID-19 pandemic in Bangladesh**

Hasan & Bao (2020) assessed the influence on the depressive symptoms of the institution of higher education students and during the COVID-19 pandemic of e-learning. This research helps to detect the learner's psychological excellence and end up taking more practical steps to mitigate significant issues (Hasan & Bao, 2020). A study evaluated that anxiety is prevalent in other registered nurses even under ordinary conditions (Savitsky et al., 2020).

Khan et al (2020) imposed that the COVID-19 virus is a danger to overall health. Bangladesh has embraced a quarantine strategy that many Bangladeshi students influence and work to deal with mental and physical health. This documentation of the pandemic can also have a significant role in terms of psychology (Khan et al., 2020).

According to Banna et al (2020), a study was conducted among a significant percentage of homecare-quarantined Bangladeshi adults to determine the impact of the pandemic COVID-19 on psychological disorders. These quantitative results guarantee that the psychiatric initiatives during and after this pandemic are readily available (Banna et al., 2020).

This review paper emphasized that students must concentrate on their coping methods to determine how likely they are to participate in gambling as a means of coping with stress.

### **Conclusion**

Several review papers examined the psychological disorder during the Covid-19 virus pandemic. Most of the studies are reported on how to increase the psychological effects of the Covid-19 virus when started. After the human way, people get psychologically sick. Humans are social creatures.

On the one hand, the Covid-19 virus is hazardous. People become physically ill after being confined at home, and conflict within the family escalates also. On the other hand, school-college is off due to lockdown. Students do not want to leave the house. They are also emotionally broken. Instability prevails throughout society. To get rid of this situation has

already been launched vaccination in Bangladesh. Bangladesh is a country with a large population. It will take a long time to complete the vaccination. Citizens need to be aware and raise social awareness to prevent Covid-19 with government support.

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