

## IMPACT OF covid-19 ON MENTAL HEALTH AND SOCIAL DEVELOPMENT

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### **Abstract:**

Now the whole world is affected with a terrible epidemic. India is also included, cause and invisible virus name covid-19 or corona virus which affected the whole human being buy mental health and social development. For this terrible epidemic each man has to face different mentally troubles. Consequently, an impressive trouble has been created in man. Every one to keep oneself safe they are staying in their home so they are suffering from mental illness. On other hand to keep themselves safe, they can't international each other. As a result, fear, anger have been aroused in them which affected the society and mental health.

**Keywords:** Mental health, illness, Social development, Anger, Depression, frustration.

### **INTRODUCTION:**

Mental health gives every man a healthy and happy life and it helps to develop society. If a man is not mentally well, he will never be able to develop society so our first work age to give a force on keeping oneself healthy physically and mentally in this horrible day so that social development can happen. Now at the situation doctor's and experts are trying to keep oneself well. I think health means physically well but as well as we have to take care our mental fitness. Mental fitness is a positive side through which a person can fulfil his moving, workability etc. mental fitness is a part of entire health on which our daily work, social, economical, political give a huge impact. Social development means reayise to do something good for society like – health, economic, increasing work efficiency, behaviour, morality. If we gather all the things than social development is possible .but for this terrible situation on each man especially on children we can see mental stress because the children stay in the seem please ,in four walls so boredom and mental stress are created on the other hand, elder's mean the parents are spending their life intension. In this situation some people have lost their job and some people are suffering from illness but they don't get treatment properly. Some people have come back from different States so that cannot meet their family or well- related people. So, for all that things a situation has been occurred that the people are suffering from mental stress.

**Covid-19:**

Covid-19 another name is Nobel corona virus .It is a viral disease that enters the human body and damage various organs, especially the lungs .It able to enter the body of another person very quickly so the rate of inflation is very high .The world health organization has identified the virus as a contagious disease . Since the disease is a new disease, experts are still unable to provide accurate information on its exact symptoms. However, some of symptoms that have been identified so far are fever ,cold ,cough , shortness of breath ,taste of food ,etc. .It is not possible to get accurate information untill research on the corona virus is completed in all parts of the world .So at the moment it is not possible to give more information about the corona virus.

**Mental health:**

By mental health we mean mental well-being. Mental health is when a person's environment problems overcome social barriers and conform to them in a word, mental health is the way to live a healthy and normal life. We can get an accurate Idea of how mental health is related to a person's life from a few features---

1. Mental health is not only about achieving one's goals but also about improving one's current condition.
2. Mental health is the key to physical health, because there is a close relationship between the mind and the body. If the current mind is healthy, the body is sick.
3. Mental health is about realizing yourself.
4. Mental health is about adopting to any environment.

**Objective:** Nowadays almost everyone is aware about mental health. Everything we do has a purpose, so what we're talking about in terms of mental health has a purpose.

1. To achieve the physical development of the person.
2. Individual also bring joy and peace to the family.
3. To protect the mental health of individual and society.
4. To remove distortion and disorder from the life of individuals and society.
5. Helping to identify the positive and negative environment of the person.

**Social development:**

Social development is a process which an individual can reach his or her full potential to improve his or her wellbeing. The welfare of society is linked to the welfare of every individual. Social development means interesting in people. Society teaches people to live properly. It helps to understand what is good and what is bad. Social development is especially helpful for the well-being of the individual through the interaction behaviour and customs are related to the society, so is the society can be developed, it is possible to develop every human being. Social development is the process that combines, education, culture and behaviour in social development by giving every person the opportunity of society.

**Objective:** The various objectives of social development are present-

1. Giving everyone the same opportunity.
2. To help self-realization.
3. To improve the economic condition through social development.
4. Strengthening mutual relation through social development.
5. Maintaining discipline.

**Present status of covid-19:**

In this present situation corona has been become more terrible cause the experts claim that covid-19 infarction is spreading rapidly in so many people that it is difficult to give treatment everyone. common people also are frightened if someone one of this family get affected then where they will go for treatment. For that, every people are suffering from moneyless, foodless. Conciquently there will be a mental stress on everyone.

**Impact of mental health:**

Mental health definition- according to who- “subjective well-being, perceived self-efficiency, outonomy, competence, inter-generation dependence, and self – actualization of one’s, intellectual and emotional potential, among of veus.”

Apparently mental health denotes which help to overcome the psychiatrist, conflict, excitement, mental reassure, disappoint etc.

During this covid-19 pandemic situation how mental pressure, conflicts, anger, tearless, excitment, despair affected the mental health are noted below---

1. **Changing in lifestyle:** this covid-19 situation badly effects every person day to day Life.  
**For example-** to wear mask, using sanitizer, maintaining social distance etc.
2. **Unemployment:** many people who used to stay in other states now are bourn to come to their won States and for that now they all become unemployed/ jobless which is brutally impacting the mental condition and creating depression.
3. **Loneliness:** fighting against covid in this situation everyone is staying at home. They all are caged by this dricks- wall. For which all become so alone which dengersly creates and impact on mental health.
4. **Problem in treatment:** many people were affected by many diseases from a long time. In this lakedown situation, we are getting stressed mentally day by day and there is also no proper medicine available for those.

5. **Conflict:** in this period everyone is going through the mental conflict of how long he / she has to stay at home doing nothing—not the things he / she is used to do before this period.
6. **Fear:** as the day's are passing by, an unknown fear of this not going to stop down status of this pandemic is having place in every mind.
7. **Close of social meeting:** as social distancing is the main motto of preventing this pandemic, people are not getting any opportunity to meet each other. This is also making people lonelier, and even depressed.
8. **Deficiency of food:** our primary need is food. But in this pandemic, everyone is not getting food. This hunger results into their physical and mental illness in tow days.
9. **Deficiency of sleep:** a hungry to much never sleeps well. This deficiency of sleep aslo cause physical and mental illness.
10. **Addictions:** mental unrest leads a person to get addicted to something durg, liqueur or smoking- every addiction leave its effect on human body.
11. **Difficulty of transportation:** for the difficulty of transportation, people can't reach to them after hearing the news of their relatives danger. And it creates mental pressure on the people.

#### **Effect on social development:**

The term “social development” means and individual behaviour, culture, manner, ideal and education. But in present situation the mental is affected on the social development because of the covid-19 like---

1. **social work ar Stop:** the social development is halt because we have to maintain social distance form each other for the infarction of covid-19.

2. **Educational institution are closed:** our main society is formed by the help of education. The society and education are complementary to each other. The complete closes of all educational system putt a stop on the social development.

**3.lack of resources:** each man of the society has to face problems as they don't know the right information. They are confused what to do or not. for all these things social development is affected.

**4. Governmental projects are stopped:** government projects are stopped due to lakedown like- building, bridges, hospital, paths etc. which impact on social development.

**5. Economical deficiencies:** government thus to spend Manny on health purpose so others projects are not possible to complete

**6. Untouchability:** it is social ungestified to take covid-19 as untouchable rather we have to take treatment properly and help others, otherwise social development is not possible.

**7. Abide rules:** we have to follow the government ordinance. If we do not follow these rules then the infarction we will increase and social development will be affected.

**8. Lack of social co-ordination:** If someone is infected, he or she is socially deprived in many cases. This situation, no one in extending a helping hand because they are afraid of being attached, which greatly hinders social support.

### **Own opinion:**

In the current situation, we need to be especially vigilant to keep people's mental health healthy and to drive social development properly. Here are some tips to help you get started-

1. We have a variety of problems due to mental illness. such as anger, frustration fear, etc. Need to do physical activities, exercises, because it is possible to keep mental health healthy through these activities.
2. The body's immune system, which requires regular consumption of protein food's such as eggs, fish, and good vegetables and fruits.
3. Do not get proper sleep, stress and depression, so the most important thing is regular exercise and regular sleep.
4. Mental health, you will get mental happiness, so it is possible to keep your mind healthy and normal by watching movies.
5. Talking to people close to you or your family about any depression or frustration that may lead to mental retardation.
6. In order to develop the society in this situation, one to be very care full.
7. Maintain social distance and at least help the society and keep yourself healthy and also keep the family healthy.
8. Collaborate with each other such as giving medicine, medicine and necessary supplies to someone who is ill.
9. Use max, sanitizer regularly without going out of the house without special needs.
10. If someone near the house is sick, help him without neglecting him.

All these issues need to be addressed in a special way so that mental health and social development can yield the expected results.

**Conclusion:**

The current situation has particularly affected our mental health and social development due to the infarction of covid-19. So we need to put special emphasis on mental health to deal with the situation. We need to be more aware of adapting ourselves to the right environment without fear. So that we can all keep ourselves healthy by taking the right steps out of the situation and everyone can participate in many aspects of the development of the society. Collaborate with each other to reduce stress and properly protect health by reducing the rate of inflation by following social distance and different rules.

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