

## A Study on Mental Health of Healthcare Workers during Covid-19

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### ABSTRACT

The spread of corona virus (COVID-19) across the globe and the associated morbidity and mortality challenged the nations by several means. One such under recognized and unaddressed area is the mental health issues medical staff develops during the pandemic. so I want to know /study the mental health of health care workers during COVID-19. This has been going since 2020 of March because of that workers are exposed to so much of stress levels. This study is conducted to find out whether all the above till now have had any impact on the mental health of workers in terms of health care workers are not. The study is about mental health of health care workers during covid-19. The study help to analyse whether there is increase the level of stress, mood swings, well-being, sleeping habits, emotional support, confidence, eating habits, energy levels, ability to concentrate, fatigue, appetite, emotional exhaustion, disturbances in sleep due to Covid 19.

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## **INTRODUCTION**

After covid-19 out- break health care workers are the ones who were worst affected because health care wolphcareworked 24 hours a day. Sometimes they stayed away from families for 14 days and sometimes for several months there were lot of cases the stress was more they were treating people continuously they were facing problems from the public. This has been going since 2020 of March because of that workers are exposed to so much of stress levels. This study is conducted to find out whether all the above till now have had any impact on the mental health of workers in terms of health care workers are not.

As the health workers faced lot of problems due to the pandemic they were exposed with many challenges because of the increased number of cases and rapid increase in number of cases it is important to find out this study is focus on finding out what impact did that stress and those challenges had on the mental stress of the health care workers. The spread of corona virus (COVID-19) across the globe and the associated morbidity and mortality challenged the nations by several means. One such under recognized and unaddressed area is the mental health issues medical staff develops during the pandemic.so I want to know /study the mental health of health care workers during COVID-19.

The study is about mental health of health care workers during covid-19. The study help to analyse whether there is increase the level of stress, mood swings, well-being, sleeping habits, emotional support, confidence, eating habits, energy levels, ability to concentrate, fatigue, appetite, emotional exhaustion, disturbances in sleep due to Covid 19. It will help in developing strategies to deal with declining mental health it will help the hospitals to conduct several programs to improve mental health of works and plan strategies to make sure that the mental health of workers is taken care. To know about the mental health level of health care workers in Bangalore. To suggest measures to improve mental health of health care workers.

## **THEORETICAL REVIEW**

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## **METHODOLOGY**

Title of the study: "A study on mental health of health care workers during covid-19" The research methodology is a way to systematically solve the research problem. It may be understood as a science of studying how research is done systematically. This uses various instruments for performing the research operations and it deals with research design, data collection methods and various statistical tools.

**RESULTS AND DISCUSSIONS**

Table 1. Attempts to Capture the Respondent’s Profile in Term

Demographic Variables		Frequency	Percentage
Gender	Male	47	47%
	Female	53	53%
Age	Below 25	26	26%
	26-35	42	42%
	36-45	18	18%
	45-55	12	12%
	Above 55	2	2%
	Qualification	Under graduation	47
	Post-graduation	44	44%
	Staff nurse	2	2%
	Doctorate	1	1%
	Health supervisor	1	1%
	post intern	1	1%
	Anaesthesiologist	1	1%
	Intermediate	1	1%
	DM CPT	1	1%
	MLT	1	1%
Experience	Below 5 years	52	52%
	5-10 years	20	20%
	10-15years	12	12%
	15-20years	10	10%
	Above 20	6	6%
Annual income.	Below 5 lakhs	54	54%
	6-10lakhs	18	18%
	11-15 lakhs	18	18%
	16-20 lakhs	4	4%
	Above 20 lakhs	6	6%

The respondent comprised of 53% respondents is female and 47% are male. The age group below 25 years is 26% respondents, the age group between 26-35 years is 42% respondents, the age group between 36-45 years is 18%, the age group between 46-55 years is 12% respondents, then above 55 years is 2%. The respondent comprised of 47% are under graduates, 44% are Post graduates, remaining all are staff nurse, doctorates, health supervisors, Post intern, Anaesthesiologist, intermediate respondents, DM CPT, MLT. From the data we came to know that below 5 years of working experience with 52% respondents, 5-10 years of working experience with 20% respondents, 10-15 years of working experience with 12 % respondents, 15-20 years of working experience with 10 % respondents above 20 years of working experience. Respondents annual income is below 5 lakhs with 54% , respondents annual income from 6-10 with 18% , respondents annual income from 11-15 with 18% , respondents annual income from 16-20 with 4% , respondents annual income above 20 lakhs with 6% .

Table 2. Impact of Mental Healthcare Workers during Covid-19

<b>Impact of Mental Health on Health Care Workers during Covid-19</b>	<b>SA</b>	<b>A</b>	<b>N</b>	<b>DA</b>	<b>SDA</b>	<b>Total</b>	<b>Mean</b>	<b>Rank</b>
I can't manage my stress at work	20	23	16	19	22	300	3	4
I am experiencing frequent mood swings	22	25	19	16	18	317	3.17	2
I feel that Covid-19 pandemic has affected my mental health and well-being.	36	14	21	10	19	338	3.38	1
My sleeping habits have changed after COVID -19	24	28	3	10	25	316	3.16	3
I don't have adequate emotional support	19	23	15	17	26	292	2.92	5

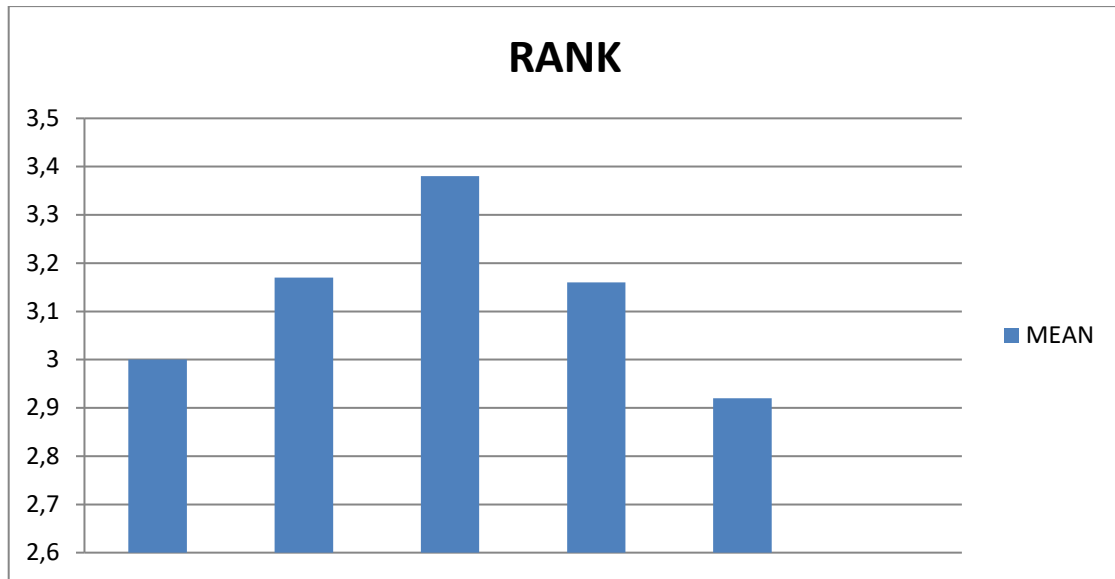


Figure 1. That Impact of Mental Health of Healthcare Workers during Covid-19

From the above table shows that impact of mental health of health care workers during covid-19 how mental health is impacted on lives of health care workers? How they managed? I feel that Covid-19 pandemic has affected my mental health and well-being got first rank that means health care workers mental health and well-being is changed after covid -19. most of the health care workers are experiencing frequent mood swings got second rank. My sleeping habits have changed after COVID -19 got third rank. I can't manage my stress at work got fourth rank. I don't have adequate emotional support got fifth rank. Here we can understand that covid-19 affected on mental health of health care workers during and after covid-19.

At the time of COVID-19 health care workers faced several issues on their mental health. They manage my stress at work, they experienced frequent mood swings, and they felt that Covid-19 pandemic has affected my mental health and well-being; sleeping habits have changed after COVID -19, their confidence becomes low after COVID -19. They faced many problems but they served people and saved many lives of people they worked continuously for hours together to save the life of people. Most of them felt proud after hearing the word "COVID WARRIOR".

## CONCLUSIONS AND RECOMMENDATIONS

Mental health of health care workers plays a vital role for the sustainable development of health care industry. The healthcare sector is one of the largest and most complex in India because of huge population. Recent developments tell us that the United States will spend 18 percent of its gross domestic product on health care in 2020. The United States has the highest health spending based on GDP share among developed countries. Most of the health care workers faced many problems at the time of covid-19 but they saved many lives of the people. Most of health care workers can manage the stress at work. "A hero is someone who has given his or her life to something bigger than oneself."

Every employee has a practice to do yoga, meditation to control stress at work place. Employees have to consult psychiatrist for consoling emotional exhaustion. They have to take nutritious food for increasing energy level. Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better. Even companies have to modify their rules like Support fund for employees facing financial hardships due to covid-19 that could cover all costs incurred in treating employees and their families. Managers on their part must conduct informal one-on-one sessions to check on their team members and their families to ensure nobody is undergoing any extremely overwhelming situation at home or other. Train managers on emotional intelligence in the company for better emotional stability.

### **FURTHER STUDY**

Even companies have to modify their rules like Support fund for employees facing financial hardships due to covid-19 that could cover all costs incurred in treating employees and their families. Managers on their part must conduct informal one-on-one sessions to check on their team members and their families to ensure nobody is undergoing any extremely overwhelming situation at home or other. Train managers on emotional intelligence in the company for better emotional stability.

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