

PSYCHO-PHYSICAL ISSUES OF YOUTH DURING PANDEMIC

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Abstract: *Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.*

The emerging mental health issues related to this epidemic event may develop into long-lasting health problems, isolation and stigma. Global health measures should be employed to address psychosocial stressors, particularly related to the use of isolation/quarantine, fear and vulnerability among the general population.

Key Words: *Health, Mental Health, Covid-19,*

The future of any nation depends on the quality of its youth. They are treasures of human resources of nation having a lot of talent hidden in them. Adolescence is one of the important periods of life. It is characterized by innumerable and unique Problems. They pass through physiological and psychological changes with their attendant Problems. It includes both experimentation with outer world and adjustment with biological and psychosocial changes.

The coronavirus disease (COVID-19) pandemic it will cause an extraordinary stressor to patients and health care systems across the globe and people with serious mental illnesses should be provided truthful information about strategies related with the medical treatment for COVID-19. It will also be important to deal with the psychological and social dimensions of this epidemic for patients.

A pandemic is not just a medical phenomenon; it affects individuals and society and causes disruption, anxiety, stress, stigma, and xenophobia. The behavior of an individual as a unit of society or a community has marked effects on the dynamics of a pandemic that involves the level of severity.

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make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The emerging mental health issues related to this epidemic event may develop into long-lasting health problems, isolation and stigma. Global health measures should be employed to address psychosocial stressors, particularly related to the use of isolation/quarantine, fear and vulnerability among the general population.

Mental health problems associated with the COVID-19 pandemic include high rates of psychiatric symptoms, and mental health considerations are highly relevant because mental health disorders (e.g., depression, anxiety disorders, posttraumatic stress disorder and substance use disorders) are common in patients with chronic pain. Mental health problems associated with the COVID-19 pandemic could exacerbate these pre-existing conditions which, in turn, could adversely impact pain-related treatment outcomes.

There is therefore an urgent need for health psychology research and a need to understand the potential physical and psychosocial impact of COVID-19 on front-line health care staff there are many reasons for this. It is known that psychological factors play an important role in adherence to public health measures (such as vaccination) and in how people cope with the threat of infection and consequent losses. These are clearly crucial issues to consider in the management of any infectious disease, including COVID-19. Psychological reactions to pandemics include maladaptive behaviors, emotional distress and defensive responses. People who are prone to psychological problems are especially vulnerable.

During epidemics, the number of people whose mental health is affected tends to be greater than the number of people affected by the infection. Patients infected with COVID-19 (or suspected of being infected) may experience intense emotional and behavioral reactions, such as fear, boredom, loneliness, anxiety, insomnia or anger. It is extremely necessary to implement public mental health policies in combination with epidemic and pandemic response strategies before, during and after the event.

Quarantine and self-isolation can most likely cause a negative impact on one's mental health. A review published in *The Lancet* said that the separation from loved ones, loss of freedom, boredom, and uncertainty can cause a deterioration in an individual's mental health status.

Children, away from their school, friends, and colleagues, staying at home can have many questions about the outbreak and they look toward their parents or caregivers to get the answer.

The World Health Organization suggests that family members should regularly check on older people living within their homes and at nursing facilities. Younger family members should take some time to talk to older members of the family and become involved in some of their daily routines if possible. People who recently recovered may have to exercise social

distancing from their family members, friends, and relatives to ensure their family's safety because of unprecedented viral nature.

The emerging mental health issues related to this epidemic event may develop into long-lasting health problems, isolation and stigma. Global health measures should be employed to address psychosocial stressors, particularly related to the use of isolation/quarantine, fear and vulnerability among the general population. The information from media and social network should be closely controlled and community supportive psychological interventions globally promoted. Still the most important thing we can do is minimize the transmission of the virus through disciplined hygiene and social distancing. The fewer people who get infected in the general population, the lower the risk of infection for long-term care residents. Mental health problems associated with the COVID-19 pandemic include high rates of psychiatric symptoms, and mental health considerations are highly relevant because mental health disorders (e.g., depression, anxiety disorders, posttraumatic stress disorder and substance use disorders) are common in patients with chronic pain. Mental health problems associated with the COVID-19 pandemic could exacerbate these pre-existing conditions which, in turn, could adversely impact pain-related treatment outcomes. If a patient with psychiatric disorders infected with the COVID-19, antiviral drugs must be used in combination with psychotropic drugs, including antipsychotic, antidepressant, and anti-anxiety drugs. If antiviral drugs are used without supplemental medication, patients with psychiatric disorders can experience relapses in their mental illness.

There is therefore an urgent need for health psychology research and a need to understand the potential physical and psychosocial impact of COVID-19 on front-line health care staff. There are many reasons for this. It is known that psychological factors play an important role in adherence to public health measures (such as vaccination) and in how people cope with the threat of infection and consequent losses.

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Conclusion :

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