

PANDEMIC COVID -19 STRESS AND ITS MANAGEMENT TO HOUSEHOLDS IN RAIPUR CITY

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ABSTRACT:-

Whole world is affected by Pandemic Covid-19 and it is very critical period for all of us. Due to Pandemic Covid-19, we all got fear and anxiety and result is STRESS, even we can say it is a Pandemic Stress. Impact of Stress in our body is very bad and our physical and mental condition imbalanced. So researcher finds in the paper, that Pandemic stress management in households of Raipur city (CG, India). The data was collected by online questionnaire method, from the 100 respondents of 20-65 year age group, surveyed from Raipur city. The result found by the research that mostly respondents have job stress due to Pandemic covid-19 and affect of this pandemic stress, respondents got mood swings on family members in irritable condition of lockdown period whereas mostly respondents enjoyed lockdown early period as like holiday but increased period of lockdown respondents caused stress due to no movement while and grocery related problem. Respondents got serious effect on mental and physical problem specially due to pandemic. Respondents got fear of covid virus and Headache. Respondents control their stress by spending time with family and respondents learn new things in lockdown period to get rid of from stress. Over all , we found that due to pandemic , respondents got stress by job and they also got some physical and mental problems, but most of the respondents tried to overcome their stress by spending time with family, meditation and learn new things.

Key words- *Stress, Covid-19, Pandemic, Stress Management*

1. INTRODUCTION-

Stress is the adverse reaction people have to excessive pressure or other types of demand and situations in daily life. Nowadays stress is responsible for more than fifty percent of all illness and pandemic increasing the stress and unknown fear in peoples. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Universal health activities, as like social distancing, could make people feel isolated and can increase anxiety and stress. Some simple causes of stress in the corona virus pandemic are uncertainty, lack of routine and decreased social support.

The corona virus (COVID-19) pandemic is currently a global health threat attributed to negatively affecting the mental health and well-being of people globally. The purpose of the present study is to examine the pandemic stress and overcome from stress problems among peoples in households of Raipur city in India. Stress typically describes a negative condition that can have an impact on an organism's mental & physical well being. Stress is not an illness – it is a state, However if stress becomes too excessive & prolonged mental and physical illness may develop . These are the cause of big diseases like – heart disease, asthma , obesity , diabetes, gastrointestinal problem ,accelerated aging and premature death also . To inhibit these problems , use stress reduction methods like – ABC (awareness , balance, control)strategy ,thought stopping , meditation, breathing exercises , time management , proper nutrition, comfortable position , music & game therapy and positive attitude also . Mental Tension is never harmful in small doses, it could help perform between pressure and goal , it's motivate you to do your best . But when we are constantly running in emergency mode , your mind and body pay the price and its become Stress. we can protect ourselves recognize the symptoms of tension and stress and take steps to decrease its harmful impact .

1.1 Objectives of the study :-

The study was conducted on following objectives. :-

1. Find out how much people get job stress due to pandemic Covid -19 in Raipur city.
2. To know the cause of mood swings (irritation / anger) on family members in Lockdown period.
3. To know the people satisfaction percentage during pandemic covid-19.
4. To know the cause of stress on home due to covid-19.
5. To know about physical problems due to pandemic stress.
6. To find out the use of control methods in stressed condition in lockdown period

1.2 Hypothesis of the study :-

1. There is no significant relationship between the stress and Pandemic Covid-19.
2. Headache and short temper is generally physical problem in due to stress in home.

1.3 Limitations of the study :-

The study has the following limitations -

1. The sample was selected from few people of Raipur city .
2. The sample was limited to 100 respondents .
3. The range limited for respondents was from 20 to 65 years.
4. Randomly selected of respondents have been used for filling the online Questionnaire.

The Main Purpose of the study to know the stress management in pandemic situation in households and also want to know that people how to overcome this dangerous situation.

2. Review of literature

Kamaldeep *et.al.* (2012) stated that Psychosocial stressors in the workplace are a cause of anxiety and depressive illnesses, suicide and family disruption. review synthesizes the evidence from existing systematic reviews published between 1990 and July 2011.They assessed the effectiveness of individual, organizational and mixed interventions on two outcomes: mental health and absenteeism. . In total, 23 systematic reviews included 499 primary studies; there were 11 meta-analyses and 12 narrative reviews. Meta-analytic studies found a greater effect size of individual interventions on individual outcomes. Organizational interventions showed mixed evidence of benefit. Organizational programmes for physical activity showed a reduction in absenteeism. The findings from the meta-analytic reviews were consistent with the findings from the narrative reviews. Specifically, cognitive-behavioural programmes produced larger effects at the individual level compared with other interventions. Some interventions appeared to lead to deterioration in mental health and absenteeism outcomes.

Xiong *et.al* stated that as a major virus outbreak in the 21st century, the Corona virus disease 2019 (COVID-19) pandemic has led to unprecedented hazards to mental health globally. While psychological support is being provided to patients and healthcare workers, the general public's mental health requires significant attention as well. This systematic review aims to synthesize extant literature that reports on the effects of COVID-19 on psychological outcomes of the general population and its associated risk factors.

3. PLAN AND METHODOLOGY:-

3.1 Selection of the method of inquiry -

The universe being too large and time and other resources being limited sampling method were selected for the present study.

3.2 Selection of sample : The sample was selected on Purposive sampling basis.

3.3 Selection of method for collection of data : -

Questionnaire method was used for collection of data . A trial survey was done to get and idea of the various problems. In the trial survey, the same procedure was followed as was to be adopted in actual survey. The number of cases in it was five. On the basis of this pilot survey necessary amendments are done in the schedule.

3.4 Sources of information - Information was collected form two sources :

- i. Primary sources.
- ii. Secondary sources.

i. **Primary sources** - Respondents from age group 20 to 65 years were selected as the primary source. It was collected from 100 respondents through online questionnaire method.

ii. **Secondary sources** -It may be termed as “Documentary source”. The information was gathered from different books, magazines, journals, news scripts, &websites. etc.

4. ANALYSIS OF DATA :-

After the data was collected it was tabulated and analyzed statistically. The information gathered was from the 100 respondents surveyed from Raipur city. The age group running 20-65year.

TABLE NO. 01

Number of Respondents according that Job stress due to pandemic covid-19

Sr. No.	Answer	No. of Respondents	Percentage (%)
01	YES	86	86%
02	NO	14	14%

The table showed, 86% respondents have job stress due to Pandemic covid-19

GRAPH NO. 01

Percentage of Respondents according that Job stress due to pandemic covid-19

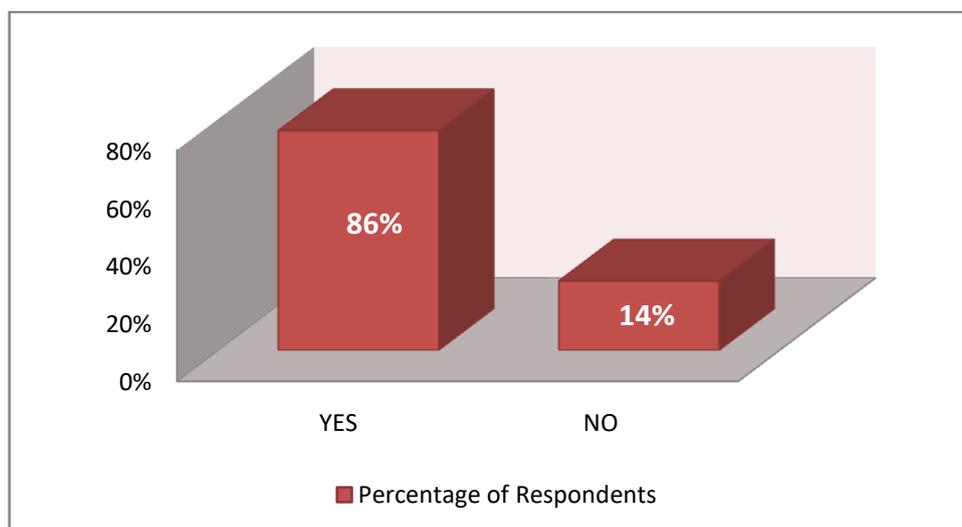


TABLE NO. 02

No. of Respondents according to mood swings (irritation / anger) on family members in Lockdown period

Sr. No.	Answer	No. of Respondents	Percentage (%)
01	YES	81	81%
02	NO	14	14%
03	NEUTRAL	05	05 %

Table shows 66% respondents get mood swings on family members in irritable condition , and Lockdown period.

GRAPH NO. 02

Percentage of Respondents according to mood swings (irritation / anger) on family members in Lockdown period

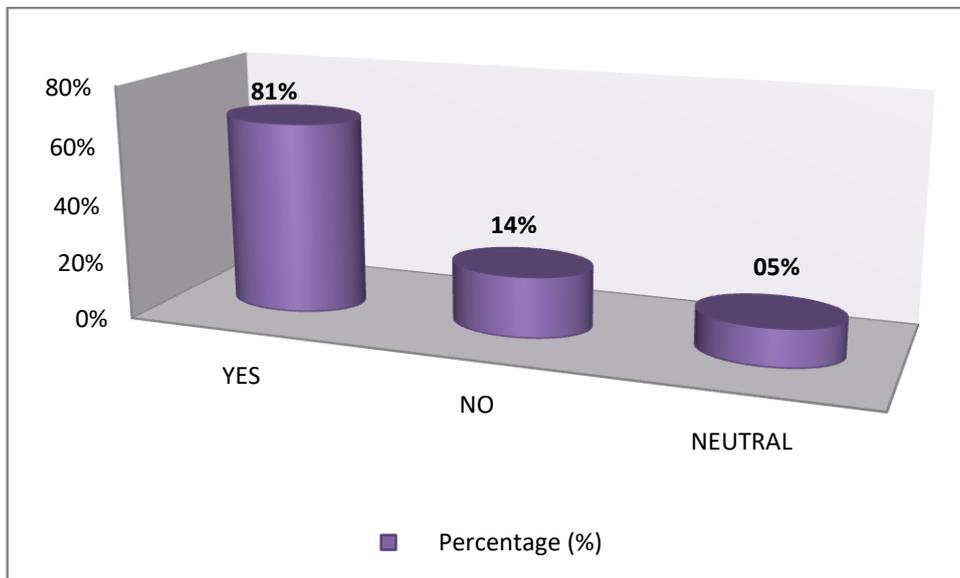


TABLE NO. 03

No. of respondents according to their satisfaction in live home as like holidays

Sr. No.	Answer	No. of Respondents	Percentage (%)
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01	YES	92	92%
02	NO	08	08%

Table shows 96% respondents enjoy lockdown early period as like holiday.

GRAPH NO. 03

Percentage. of respondents according to their satisfaction in live home as like holidays

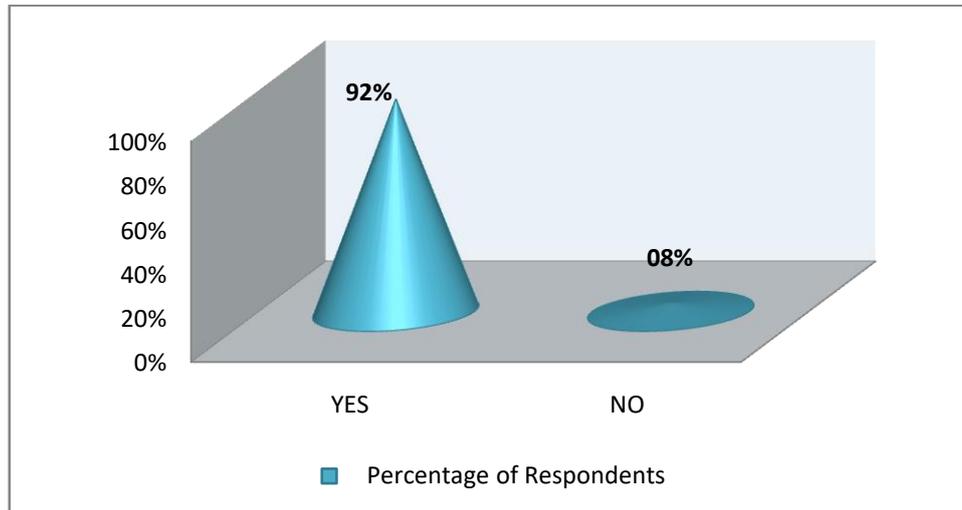


TABLE NO. 04

No. of respondents according to cause of stress on home due to lockdown

Sr. No.	Answer	No. of respondents	Percentage %
01	no movement	82	82%
02	grocery problem	73	73%
03	working (online)	62	62%
04	relationship	68	68%
05	unknown fear due to virus	28	28%
06	family demands	45	45%
07	Others	28	28%

Table shows 82% respondents cause stress due to no movement. whereas 73 % have stress because of grocery related problem.

GRAPH NO. 04

No. of respondents according to cause of stress on home due to lockdown

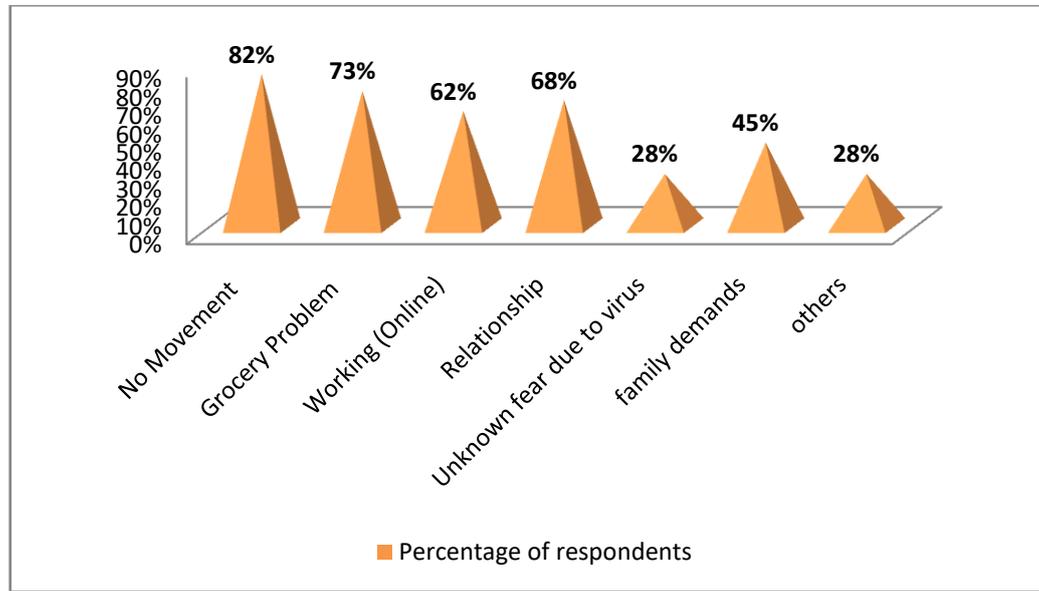


TABLE NO. 05

No. of respondents according to the physical problem due to pandemic stress

Sr.No.	Answer	No. of respondents	Percentage (%)
01	headache	64	64%
02	sleeping trouble	27	27%
03	short temper	54	54%
04	job dissatisfaction	36	36%
05	mental trouble	28	28%
06	fear and other	76	76%

The table showed 76% Respondents got fear of covid virus and 64% have Headache.

GRAPH NO. 05

Percentage of respondents according to the physical problem due to pandemic stress

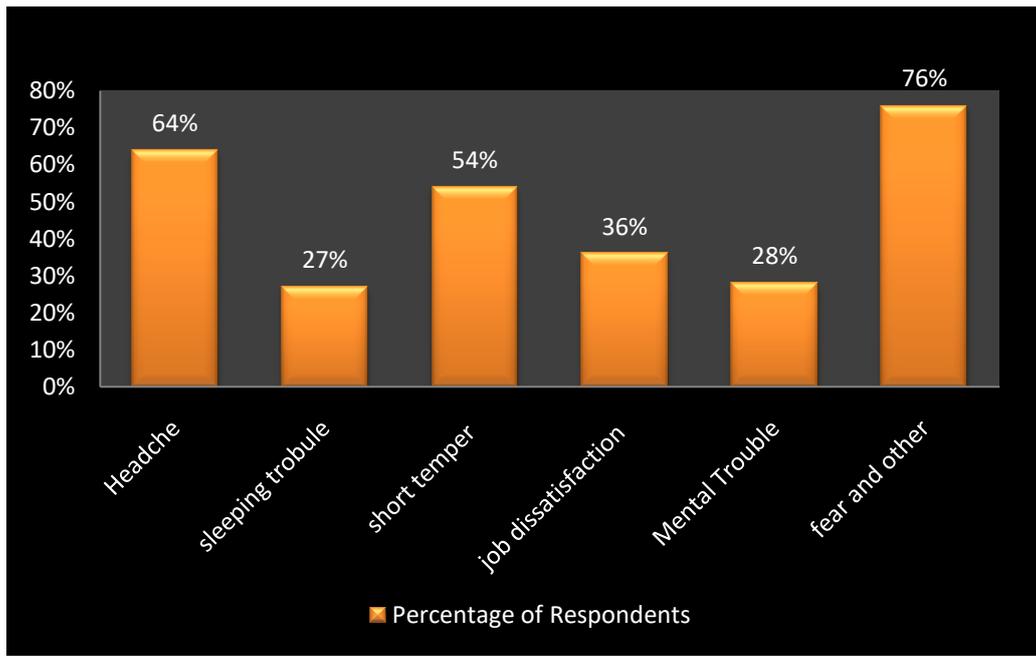


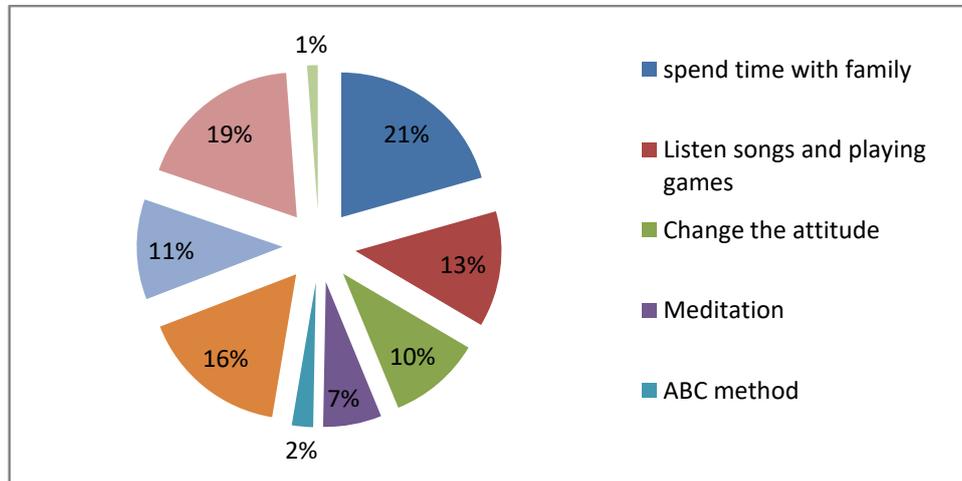
TABLE NO. 06

No. of respondents according to use of control methods in stressed condition in lockdown period

Sr.no.	Answer	No. of respondents	Percentage(%)
01	spend time with family	70	70%
02	Listen songs and playing games	44	44%
03	Change the attitude	35	35%
04	Meditation	22	22%
05	ABC method	08	08%
06	watching movies	56	56%
07	kitchen garden	38	38%
08	learn new things	63	63%
09	other	04	04%

Table shows 70% Respondents control their stress by spending time with family. 63% respondents learn new things in lockdown period to remove the stress.

GRAPH NO. 06
Percentage of respondents according to use of control methods in stressed condition in lockdown period



5. RESULTS AND DISCUSSION:-

The result as find out by the research that 86% respondents have job stress due to Pandemic covid-19 and it's increases by pandemic (Table No. -01) and affect of this pandemic stress 66% respondents got mood swings on family members in irritable condition , and Lockdown period (Table No. -02) whereas 96% respondents enjoyed lockdown early period as like holiday (Table No. -03), But over the increased period of lockdown, 82% respondents cause stress due to no movement while 73 % have stress because of grocery related problem (Table No. -04), stressors got serious effects on mental and physical problem specially in pandemic effect 76% Respondents got fear of covid virus and 64% have Headache (Table No. -05). Over all researcher also got that 70% Respondents control their stress by spending time with family and 63% respondents learn new things in lockdown period to remove the stress (Table No.- 06).

6. CONCLUSION :-

The conclusion as drawn out by the survey done in Raipur city and exposure to stressors predicts serious adverse effects on mental and physical problem specially in pandemic effect. Stress is very bed condition already and after Covid- 19 pandemic its increased. The result we saw in the paper that most of respondents got job stress due to pandemic situation. Most of the respondents got anger due to lockdown and their mood swings on family members. Approximate all respondents enjoyed in home as like holiday in lockdown early period. In lockdown, early period enjoyed by everyone but after some time they got

stress, because of no movement, grocery problems, unknown fear, family demands and relationship etc. Due to lockdown and pandemic stress, Respondents got fear stress, headache, short temper, job dissatisfaction, Mental trouble etc. Respondents control their stress mostly spend time with family and learn new things. Overall we can say the pandemic stress affected so much people of households in Raipur city and they got problem too due to stress.

7. RECOMMENDATION:-

Our Research Suggest for future research that we can research on the stress management in women and old age people during pandemic and other conditions of pandemic effect.

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