

## Social Support for Post COVID-19 and Mental Health Recovery- Review

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### ABSTRACT

Social support really plays a core function- managing medium in welfare and gruelling task to deal with Corona extremity. Social distancing and face masking are the major precautionary measures for reducing the spread of COVID-19. In the recent covid-19 epidemic situations during lockdowns the world has experienced the great significance of the social support and healthy relationships for mental peace. In this paper, social support is considered Psychological First Aid and skills for Psychological Recovery, to inform people to change their typical ways of connectedness, access to technology during isolation and post-isolation. Hence the future generation needs to be socially connected, and to maintain their social support effectively and efficiently developing confidence among the society to face such extreme challenges to humanity.

**Keywords:** COVID-19, isolation, mental health, social support

### I. INTRODUCTION

A virus can affect multitudinous organs and can affect in multitudinous long-term health problems. On the other hand, the stress and anxiety during a pandemic has significantly changed the lifestyle of people. The marketable counteraccusations of restrictions are maybe most egregious.

After viral infection various types of damage do in multiple body organs and can lead to multiple long lasting problems. The mental and physical health of people has significantly changed the life during pandemic. The commercial concerns of restrictions are most apparent (International Monetary Fund, 2020), but the mental and cultural difficulties are largely unknown — specifically, how the isolation and loneliness resulting from physical restrictions will affect the larger population and their mental well-being. In a methodical review of general social isolation and loneliness, Leigh-Hunt and associates (2017) gave opinion on the access to anyone at any time posed extremely severe challenges to the critical structure services due to vulnerabilities at various levels in the networks.

According to KathirvelN. (2020), people endured symptoms immediately after the quarantine period like emotional disturbance, tetchiness, wakefulness, fatigues, frazzle, anxiety, depression and post-disturbing stress. The long term impact is sizable and wide interspersing including anxiety, wrathfulness, depression, post-traumatic stress symptoms, muscle weakness, behavioural changes and sleep problems (Ahmed *et al*; 2020, Daher

*et al*;2020,Garrigues *et al*;2020,Xiong *et al*;,2021). These physiological symptoms can last from several months up to three years after the quarantine period (Brooks *et al*;, 2020).

The inflexibility of COVID 19 was related to the inflexibility and frequency of internal health symptoms (16) with anxiety and PTSD being significantly more frequent in cases admitted to the ICU compared to wards (Garrigues*et al*;,2020,Tornasoni *et al*;,2021,De Lorenzo *et al*;,2020,Halpin *et al*;,2021).

Social distancing could conceivably lead to substantial increases in loneliness, anxiety, depression and substance abuse (Galea*et al*;, 2020).

Prolonged social isolation can lead to social withdrawal, a phenomenon known as Hikikomori, which may further be exacerbated by the profitable and social extremity of the pandemic. Although Covid-19 affiliated social isolation appears to be analogous to Hikikomori, there are differences between the two conditions as Covid-19 social insulation is assessed by governments and also stems from the individualities' avoidance behaviour due to the fear of infection (Kato *et al*;, 2020).

For COVID-19 pandemic, the effect on internal health is seen to be veritably long lasting (Galea*et al*;, 2020). Mental health disturbance is seen to rise during the post-pandemic time. In preventative methods, not only hand washing, the primary precautionary method of the epidemic includes physical restrictions and social distancing (which helps to reduce further unwanted spread of infection), quarantine (which help to reduce implicit spread), or insulation (almost resist the spread; Centers for Disease Control & Prevention, 2020. It's important to understand the surface level effects whether depression, fear attacks and loneliness are the most common outgrowth of bad mental and psychical health(Kathirvel,2020).

## II. MENTAL HEALTH ISSUES AFTER COVID-19 RECOVERY

In cases in which hospitalization is needed following the pandemic COVID-19, confusion is common during the acute stage of the illness. According to Shanbehzadeh (2021), fatigue is the one of the most common musculoskeletal symptom reported in post-COVID. The data on long term psychiatric complications in these group of cases, although not yet completely known, may be similar to former nimbus contagion pandemics, severe acute respiratory (SARS) and Middle East Respiratory Syndrome (MERS) with amplified cases anxiety, depression, stress , and trauma.

After the discharge the most common symptoms seen in patients after suffering from the virus includes are mostly mental related.

Neurocognitive impairment including disabled attention, attention, memory, and internal processing speed one year was observed in maturity of cases with severe acute respiratory torture pattern. Substantial reductions in quality of life were observed in cases with severe acute respiratory pattern and dragged mechanical ventilation after discharge from intensive care unit compared to admissions for other reasons (Rogers *et al*;, 2020).

Greater Psychological impact was observed in females post-COVID-19, with a 2.2-to 2.5-fold advanced odds of developing psychiatric morbidity (Chen *et al*;,2020,Mei lizet *al*;,2020,De Lorenzo *et al*;,2020). Comorbidities (arterial hypertension, coronary roadway complaint, and diabetes mellitus) weren't related to a advanced prevalence of mental health problems (Mei lizet *al*;,2020,,De Lorenzo *et al*;,2020;).

### III. PSYCHOLOGICAL HEALTH IMPACT ON FRONTLINE HEALTHCARE PROFESSIONALS (HCP)

Psychological symptoms including anxiety, depression, wakefulness are current in over to 60 among physicians, nurses and medical residents during Covid-19 epidemic (Queet *al.*, 2020), which are likely to persist for several times. HCP who worked in respiratory drug during the SARS outbreak in 2003 had patient and significantly lesser position of psychological symptoms including anxiety, depression and post-traumatic stress symptoms a time latterly (McAlonan *etal.*, 2007).

Post-traumatic stress symptoms were reported by 11% – 73% of HCP during epidemic or epidemic outbreaks that lasted in over to 10 – 40 after 1 – 3 times (Pretiet *al.*, 2020).

### IV. POST COVID-19 PROFITABLE RECESSION, SOCIAL INEQUALITIES AND IMPACT ON INTERNAL HEALTH

World Bank has prognosticated steep global economical recession since decades following the COVID-19 epidemic. This may negatively impact on internal health especially of the vulnerable groups.

Profitable recession has been associated with increases in the cerebral torture, anxiety, depression, substance abuse diseases, and self-murder and suicidal thoughts. Severance, insecure job situation, lower socio-profitable status, and pre-existing psychiatric problems feel to be the determinants of post-profitable recession internal health issues (Frasquilho *etal.*, 2016).

### V. STIGMA RELATED TO COVID-19 EPIDEMIC

According to Bagacchi, (2020) Smirch against HCP and survivors of the COVID-19 infection has redounded in importunity, stereotyping, demarcation, social insulation, and in some cases physical violence. Stigmatised individualities may witness emotional disturbance, anxiety, depression and emotional disturbance (Centers for Disease Control and Prevention, 2020).

### VI. CONCLUSION

This review highlights about the importance of mental health in the deviated condition of COVID-19 pandemic and its impact that might last upto several years .Mental health is a real problem and early help or assistance is really important for the person suffering from mental issues. Some of the ways include doing regular meditation, spending quality time with family and friends ,a proper professional help and support. Easily available and budget friendly assessment should be given to the people in need .The subject of mental health is still looked down and ignored just because they are not visible problems to the eyes. Awareness should be created among the people about the mental problems and that they are real and not less than any physical health problem. This approach might tremendously help to reduce the economic, cultural and clinical health problems, and prevent long-term worse effects.

## VII. REFERENCES

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