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

M.K Navya
MBA, Koshys Institute of Management Studies
Corresponding Author: M.K Navya navya@gmail.com

ARTICLE INFO

Keywords: Healthcare Workers, Covid-19, Level of Stress, Mood Swings, Sleeping Habits

Received: 01 June
Revised: 01 August
Accepted: 01 October

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.
INTRODUCTION
After covid-19 out-break health care workers are the ones who were worst affected because health care workers have worked 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.

LITERATURE REVIEW
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.

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 of Gender, Age, Qualification Experience, Annual Income

| 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        | 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%        |
| 10-15 years           | 12        | 12%        |
| 15-20 years           | 10        | 10%        |
| Above 20              | 6         | 6%         |
| Annual income         |           |            |
| Below 5 lakhs         | 54        | 54%        |
| 6-10 lakhs            | 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. Respondents Annual Income

| IMPACT OF MENTAL HEALTH ON HEALTH CARE WORKERS DURING COVID-19 | SA | A | N | DA | SDA | Total | Mean | Rank |
|---------------------------------------------------------------|----|---|---|----|-----|-------|------|------|
| 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    |
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 forth 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. there 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**

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.there 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”.
REFERENCES

Johannes h.de kock, helen ann lithan, stephen j.leslie, mark grindle (2021) the impact of covid-19 on mental health of health care workers; implications for supporting psychological well-being. Applied public health research21, article number:104(2021).

Eleonora p. Uphoff, chiara lombardo, gordon johnston, lauren weeks, rodgers m, dawson s, (2021) mental health of health care workers and other vulnerable groups during covid-19 pandemic and other corona virus outbreaks: a rapid systematic review. pols one 16(8).

Lene e. Sovold, john a. Naslund, antonis a. Kousoulis, shekhar saxena, m walid qoronfleh, christoffel grobler, lars münter,(2020) prioritizing the mental health and well-being of healthcare workers: an urgent global public health priority. Front. Public health, 07 May 2021.

Nader salari, habibolah khazaie (2020) the prevalence of stress, anxiety and depression within front-line healthcare workers caring for covid-19 patients: a systematic review and meta-regression.

Kevin p. Young (2020) health care workers’ mental health and quality of life during covid-19: results from a mid-pandemic, national survey published online: 3 Dec 2020.

Sintayehu Asnakew (2021) mental health adverse effects of covid-19 pandemic on health care workers in North West ethiopia: a multicentre cross-sectional study volume 2021:17 pages.

Ashley elizabeth muller, elisabet vivianne hafstand, jan peter (2020) the mental health impact of the covid-19 pandemic on healthcare workers, and interventions to help them: a rapid systematic review, volume 293.

Kelly gooch (2021); more than 20% of healthcare workers experienced mental health challenges during pandemic, global study shows

Basha, S. M., & Ramaratnam, M. S. (2017). Construction of an Optimal Portfolio Using Sharpe's Single Index Model: A Study on Nifty Midcap 150 Scrips. Indian Journal of Research in Capital Markets, 4(4), 25-41.

Basha, M., Singh, A. P., Rafi, M., Rani, M. I., & Sharma, N. M. (2020). Cointegration and Causal relationship between Pharmaceutical sector and Nifty-An empirical Study. PalArch's Journal of Archaeology of Egypt/Egyptology, 17(6), 8835-8842.
JagadeeshBabu, M. K., SaurabhSrivastava, S. M., & AditiPriya Singh, M. B. S. (2020). INFLUENCE OF SOCIAL MEDIA MARKETING ON BUYING BEHAVIOR OF MILLENNIAL TOWARDS SMART PHONES IN BANGALORE CITY. PalArch's Journal of Archaeology of Egypt/Egyptology, 17(9), 4474-4485.

Agrawal, D. K. (2022). An Empirical Study On Socioeconomic Factors Affecting Producer’s Participation In Commodity Markets In India. Journal of Positive School Psychology, 2896-2906.

Shaik, M. B., Kethan, M., Rani, I., Mahesh, U., Harsha, C. S., Navya, M. K., & Sravani, D. (2022). WHICH DETERMINANTS MATTER FOR CAPITAL STRUCTURE? AN EMPIRICAL STUDY ON NBFC'S IN INDIA. International Journal of Entrepreneurship, 26, 1-9.

DrSanthosh Kumar, V., & Basha, S. M. (2022). A study of Emotional Intelligence and Quality of Life among Doctors in Pandemic Covid 19. International Journal of Early Childhood, 14(02), 2080-2090.

Krishnamoorthy, D. N., & Mahabub Basha, S. (2022). An empirical study on construction portfolio with reference to BSE. Int J Finance Manage Econ, 5(1), 110-114.

Shaik, M. B., Kethan, M., Jaggaiah, T., & Khizerulla, M. (2022). Financial Literacy and Investment Behaviour of IT Professional in India. East Asian Journal of Multidisciplinary Research, 1(5), 777-788.

Mohammed, B. Z., Kumar, P. M., Thilaga, S., & Basha, M. (2022). An Empirical Study On Customer Experience And Customer Engagement Towards Electric Bikes With Reference To Bangalore City. Journal of Positive School Psychology, 4591-4597.

Shaik, M. B., Kethan, M., & Jaggaiah, T. (2022). Financial Literacy and Investment Behaviour of IT Professional With Reference To Bangalore City. Ilomata International Journal of Management, 3(3), 353-362.

Basha, S. M., & Kethan, M. (2022). Covid-19 Pandemic and the Digital Revolution in Academia and Higher Education: an Empirical Study. Eduvest-Journal of Universal Studies, 2(8), 1-648.

Kumarai, G. S., Bajaj, P. K., Rana, S. S., Kethan, J., Basha, S. M., & Karumuri, V. (2022). An empirical study on customer satisfaction towards organized Retail outlets in Bengaluru city, Karnataka. Academy of Marketing Studies Journal, 24, 1-11.
Kethan, M., & Basha, M. (2022). Relationship of Ethical Sales Behaviour with Customer Loyalty, Trust and Commitment: A Study with Special Reference to Retail Store in Mysore City. East Asian Journal of Multidisciplinary Research, 1(7), 1365-1376.

Rajasulochana, D., & Murthy, S. (2022). E-Banking And Customers' Satisfaction In Public And Private Sector Banks In Karnataka: An Empirical Analysis. Journal of Positive School Psychology, 6(8), 8270-8279.

Rajesh, D., & Rajasulochana, D. M. (2022). A STUDY ON FACTORS INFLUENCING THE PURCHASE OF ELECTRIC VEHICLES IN INDIAN AUTO MOBILE MARKET. Journal of Contemporary Issues in Business and Government Vol, 28(04).

Karumuri, V. (2016). Employee engagement: Hotel industry. SCMS Journal of Indian management, 13(3), 120-128.

Karumuri, V., & Singareddi, S. (2014). Employee attrition and retention: A theoretical perspective. Asia Pacific Journal of Research Vol: I Issue XIII.

Karumuri, V. (2017). A theoretical framework on employee engagement. Asia Pacific Journal of Research, 1, 150-155.

Karumuri, V., & Kore, G. (2021). Effective Talent Management Practices: A. Eprajournals. Com, no. June, 32-35.

Karumuri, V., & Rajani, S. (2020). What Engages the Salesforce Optimally in Real Estate Sector: A Study. IUP Journal of Management Research, 19(1), 27-46.

Kotni, V. V., & Karumuri, V. (2014). An empirical study on the identification of salesforce engagement drivers: A study of selected retail outlets in Visakhapatnam. VV DEVIPRASAD KOTNI & VENKATESWARLU K (2014). An Empirical Study on the Identification of Salesforce Engagement Drivers: A Study of Selected Retail Outlets in Visakhapatnam. Prabandhan: Indian Journal of Management, 7(7), 31-45.

Rao, K. S., & Karumuri, V. JOB SATISFACTION: A CONCEPTUAL FRAMEWORK.

Nethala, V. J., Pathan, M. F. I., & Sekhar, M. S. C. (2022). A Study on Cooperative Banks in India with Special Reference to Marketing Strategies. Journal of Contemporary Issues in Business and Government Vol, 28(04).

Sekhar, M. S. C., Murthy, J., Karim, S., Reddy, M. M. S., & Bhupathi, C. Factors Influencing Customers’ Buying Behaviour: A Study of Electric Vehicles with reference to Tirupati City.
Kumar, T. S., & Sekhar, S. (2019). Impact of e-Marketing on Influencing Consumer Purchase decision. *International Journal of Scientific Development and Research, 4*(11).

Sekhar, S. C., & Radha, N. (2019). Impact of globalization on msme: prospects, challenges and policy implementation on economic growth. *International Journal of Trend in Scientific Research and Development, 3*(6), 536-541.

Sekhar, M. S. C., Ashalatha, D., & Gorkhe, M. (2022). Corporate Governance Impact on Financial Performance of Selected IT Companies in Bengaluru City. *Journal of Contemporary Issues in Business and Government Vol, 28*(03).

Rana, S. (2022). Consumer Awareness and Perception Towards Green Marketing: An Empirical Study In Bangalore City. *Journal of Positive School Psychology http://journalppw.com, 6*(5), 4240-4245.

Sekhar, S. C. (2020). A Study on Effectiveness of Electronic banking System. *Sanshodhan, 9*, 8-13.

Durgaraju, R., & Sekhar, S. C. (2021). A Perspective Research Study on the New Age Currency (The Case of Bit coin Currency System). *International Research Journal of Innovations in Engineering and Technology, 5*(2), 16.