MANAS Speaks

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IN ASSOCIATION WITH ADIKAVI NANNAYA UNIVERSITY

"Make your mental health and wellbeing a priority"

#Psychology

SPECIAL FOCUS

Cognitive Distortions

Mental Health Of Children

Is Dirty Talk A Sexting ...?

Black Swan Review

Surgeons Without Scissors

Is Anxiety Bad?

Loneliness

The Academy of Psychology







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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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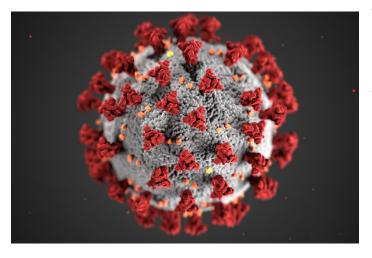
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Psychological Implications of COVIDIG: Very Brief Report

obally, fear rose with the outbreak of COVID19. People in the world started fearing of contracting the virus. An underlying and hidden fear which people experienced was of not seeing their loved one's or separation due to quarantine, the uncertainty about treatment protocols and survival, and the helplessness about undying news of the pandemic. In contrast to quarantine or the loss of a life, people living at home struggled as their boundaries kept fusing. The balance between professional and personal life became fused and many developed physical ailments, family conflicts, experienced loss of employment and infinite stories of suffering.



Psychiatric population struggled to stay at the shelter homes and many families struggled to find them the support staff such as twenty-four-hour health care home assistance, safety at shelter homes, and many homes shut down as well. Individuals with former diagnosis such as OCD suffered terribly due to lack of in-person psychotherapy and medical support from psychiatrist. In contrast, it gave a platform for everyone to explore the use and application of psychotherapy online.

Fear of contracting the virus along with denial, stigmatization, uncertainty and fear of separation created a panic situation for many people. Post COVID, many people suffered with anxiety, frustration, anger, sleep issues, depression and socio economic distress. Different individuals and groups experienced the impact differently such as groups of socioeconomic statuses, working mothers, elderly and children too.

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