

THE PANIC OF COVID 19 UNCERTAINTIES, UNRHYTHMIC LIFESTYLE AND SEVERE DEPRESSION IN ADULT GENERATION

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ABSTRACT

As we already troubled with our daily eating habits with the severely busy schedule of office home and travelling between both which influence either excessive eating and prolong sitting or either long time starvation and then no appetite syndrome. But sudden outbreak of covid-19 has been put a pause over our long waited life and give us some time to spend with family, Maintain health, get a good rest, but as the time passed and lockdown extended with increasing the contamination rate with new variants leads a panic in the life style and put a pause on the maintenance break and create a tremor for future, what happen if it goes on and on. The measures against the corona virus ought to be followed to keep away from getting inflamed with the aid of using this infamous pathogen. The governments are doing their fine to fight this pathogen. They ought to be supported and encouraged. The human beings have to concentrate to their superiors and governments. These are tough instances and could pass. Life is precious. So, live domestic and live safe.

INTRODUCTION

The World Health Organisation (WHO) has declared the coronavirus disorder 2019 (COVID-19) an epidemic sickness. A international coordinated attempt is needed to forestall, in addition unfold of the Pathogen. A pandemic is described as “going on over a extensive geographical region and affecting a wide and excessive percentage of the population. The final pandemic pronounced within side the global turned into the H1N1 flu pandemic in 2009. On 31 December 2019, a cluster of cases of pneumonia of unknown origin, within side the town of Wuhan, Hubei province in China, changed into mentioned to the World Health Organisation. In January 2020, a formerly unknown new virus become diagnosed, finally named the 2019 novel coronavirus. These samples received from instances and evaluation of the virus’ genetics indicated that this turned into the reason of the outbreak. This novel coronavirus turned into named Coronavirus Disease 2019 (COVID-19) through WHO in February 2020. The virus is called SARS-CoV-2 and the related disorder is COVID-19.

The Wuhan Virus is known as the Novel Coronavirus 2019 due to the fact it's far in no way earlier than visible with the aid of using mutation or through easy manner in animals. First time, Coronavirus reported in Wuhan, China, on December 30, 2019. However, this call is handiest given through American President on the idea of foundation of the Pathogen and its origin in Wuhan. Another cautioned time period is “2019-nCov acute respiratory syndrome” which might observe the World Health Organisation (WHO) naming practices. The International Committee on Taxonomy of Viruses will quickly determine on a everlasting call for this virus. The concept is the virus mutated and unfolds from an inflamed animal carrier that is a bat, cattle, cat, camel, or snake to people that have been in direct proximity. Once the virus enters in the cell, the virus commenced to replicate, inflicting the contamination and triggering the signs and symptoms. Till date, sure supply of the outbreak is unknown. It is assumed that the virus is probably related with a Seafood marketplace (with seafood and stay animals) from Wuhan, China, that turned into now no longer complying with fitness and protection regulations. The Wuhan moist marketplace

has because been closed down for a duration of time. So, for this manuscript, let's depart the panic apart and notice wherein that brings us. The Wuhan virus is the primary predominant fitness risk of 2020, however it's a long way from being the primary or the worst fitness disaster on humanity facing. Just few years in the past we had the Ebola virus, Avian influenza, and SARS, with the final in this listing truly being a kind of coronavirus. All had been fantastically contagious and doubtlessly deadly; however none induced the sort of visceral response from the population. Even if we brush aside those, we've got the non unusual place flu virus, that reasons hundreds of deaths early on, and we don't pay attention a great deal approximately that within side the news. Of course, this coronavirus outbreak in China is a ability hazard and unfold worldwide.

the widespread capability and very high infection rate were soon becomes the threatening, beside the mode of spread of this virus is very wide it can spread by touch, water droplet, air or surface contamination becomes its scariest face, soon it will become the deadliest infectious pandemic on this millennium. The inapproachability of world renounced scientist towards its acute treatment and vaccine against this virus were seem to be far-fetched. So each and every country develop 2 meter distance and going contactless approach to reduce its spread ability, also the proper sanitization and hand wash along with mask becomes the necessary trends.

After implementation of "Janta Curfew" leads to the initial wave of relaxation which make a very busy schedule to interrupted and have some "ME" Time for each person. Which leads the increased family bonding like eat together, play together tutoring kids some indoor games with family, long chats with relatives and friends, everything seems very good and having a good break in the busy life of an "All time Busy" person to become a normal person. As the day passed the alarming severity of the COVID cases leads an undefined stress and fear disrupt the life style which in turns makes a unaffectionate towards any things and the "Minute to Minute" updating of media towards the severity addon in this depression.

The initial responses of the lockdown are too compromising and affirmative to every ones in households with children, school closure may have resulted in parents taking greater care in preparing their children's meals and helping them with schoolwork (despite having to manage their own remote work tasks). Staying at home definitely results in more close contact with children and spouses, which may have led to an increase in positive feelings that outweighed any negative effects of the quarantine. All over the country showed some favorable changes, including increased support from friends and family members and greater feelings of closeness to family members and others, despite other mildly stressful effects.

The pandemic has also brought about significant changes in daily living patterns among adults in all over the world, as many studied already showed that 90 % of adults were addicted to smoking and drinking due to everyday stress and anxiety. This in terms of course becomes the addiction or habit. As the COVID has the targeted first on our body with lungs this leads a panic to the adults due to sudden stopped smoking. This sudden decrease in the nicotine from daily life also become the one of the major factor of depression during the lockdown. COVID-19 is not necessarily lethal for all infected individuals; however, lifestyle-related diseases such as obesity, diabetes, and hypertension appear to increase its severity and mortality risk

With changed daily schedules caused by social distancing, the closure of colleges, universities, and shops, and telecommuting, participants revealed changes in how they preoccupied themselves, in which they tended to spend less time on social activities, leisure, and education. The total time participants spent sleeping was significantly higher than that before the pandemic. However, although their total sleep time increased, satisfaction with sleep decreased. This implies that the participants may have had poor sleep quality or patterns.

Due to the #stayathome decree, a sudden and radical change has occurred in the habits and lifestyles of the population, with a drastic reduction of any form of socialisation. Physical distancing and self-isolation strongly impacted citizens' lives, affecting in particular eating habits and everyday behaviours. There are two

major influences: staying at home (which includes digital-education, smart working, limitation of outdoors and in-gym physical activity) and stockpiling food, due to the restriction in grocery shopping. In addition, the interruption of the work routine caused by the quarantine could result in boredom, which in turn is associated with a greater energy intake.

Lifestyle can be classified according to people's life patterns, and can be defined as a complex concept that involves a person's consciousness of life, values, and character. Drinking, smoking, exercise, nutrition, and stress are also elements of lifestyle according to the WHO's definition of the term. In addition to boredom, hearing or reading continuously about the COVID-19 from media can be stressful. Stress leads subjects toward overeating, especially 'comfort foods' rich in sugar, defined as "food craving". Those foods, mainly rich in simple carbohydrates, can reduce stress as they encourage serotonin production with a positive effect on mood. However, this food craving effect of carbohydrates is proportional to the glycemic index of foods that is associated with the increased risk of developing obesity and cardiovascular diseases, beyond a chronic state of inflammation, that has been demonstrated to increase the risk for more severe complications of COVID-19.

India is known for its Vaidik lifestyle and maintained food habits but This new condition may compromise maintaining a healthy and varied diet, as well as a regular physical activity. For example, limited access to daily grocery shopping may lead to reduce the consumption of fresh foods, especially fruit, vegetables and fish, in favour of highly processed ones, such as convenience foods, junk foods, snacks, and ready-to-eat cereals, which tend to be high in fats, sugars, and salt. The everyday walk during the working hrs are limited to door to door within house, it also create the indigestion and anxiety.

COVID-19 leads to isolation because people have to remain at home to prevent infection, but this is likely to have a detrimental effect on the physical and mental health of individuals [9]. In particular, previous research has demonstrated government actions related to spatial distancing as being effective public health measures;

however, they could also cause health problems other than COVID-19 infection such as psychological distress and fear. Moreover, psychological and emotional responses to the COVID-19 outbreak, may increase the risk of developing dysfunctional eating behaviors. It is well known how the experience of negative emotions can lead to overeating, the so-called "emotional eating". In order to contrast and respond to the negative experience of self-isolation, people could be more prone to look for reward and gratification physiologically associated with food consumption, even overriding other signals of satiety and hunger. In addition, boredom feelings, which may arise from staying home for an extended period, are often related to overeating as a means to escape monotony. On the other hand, negative experiences may lead to eating restriction, due to the physiological stress reactions that mimic the internal sensations associated with feeding-induced satiety.

Finally, lifestyle may be substantially changed due to the containment measures, with the consequent risk of sedentary behaviours, modification in smoking and sleeping habits. Of interest, different studies reported an association between sleep disturbances and obesity that could contribute to alter the sleep-wake rhythm. In addition, also diet seems to influence the quality of sleep. Despite these limitations, it is very important to note that at least some people reported feeling happier despite the current difficult situation. This may offer clues about how lifestyles can be improved in the future, and how people can adapt to COVID-19-related changes in society.

Ever thought you will able to see the blue sky from your city buildings. Or get that much time to spend with your family playing carrom boards, ludo and making food with the whole family. Ever thought you will care that much for your personal hygiene. Sanitizing hands every hour, maintaining distance from other persons and wearing masks for hours. No, we had never gone through it and we shall not go again. But I think the habits COVID has given us should last long. The person who doesn't even wash his hands after coming back to home now takes a bath before even touching anything of the house. We are now caring about our health. We are now eating fruits full of vitamins.

Students who were always busy in their day to day schedule, the school then tuitions sports club and after the day full of tensions and exhaustion, the nights with eyes on blues(mobile phones). Now they are getting time to search for themselves, creating new interests and hobbies like paintings and music and many other things. Also, our parents who were busy in their whole day and sleep without having a conversation at night. They are now getting time to spend with each other exploring love.

From American To Indian Culture- Remember the time when we use to join our hands saying namaste to all. That time is back again to the trend. From meeting with handshake and hugs is no more in fashion. We are back again to the time of our parents and grandparents.

From stay positive to stay negative- From ages we were advised to always stay positive and everything will turn positive. Now that statement is changed to be negative, not as your thinking but in the test case of COVID. But staying positive nowadays is the most difficult task now where people are no safer and you can't trust anyone. But being positive is the only way to live life happily these days but also being negative in test cases.

Starbucks turns to Homemade coffee- Starbucks, where we sit to talk and chill up for sometimes having a great coffee in our hands, has now turned low. We are more on the handmade coffee which tastes even better than that of luxury coffee shops. Also, some hands turned to be very intelligent that they are now making the tastiest coffee on this planet suffering from a disease. Some learn to cook for themselves. Some learn to make fast food and some even turned out to a chief.

From late morning to early nights- We all were habitual of waking up late in the morning and dress up fast to reach the office at the time and after working the whole day, visit the bar, eating dinner late, and sleeping late at night. COVID tune us to wake up early and doing some stuff we never going to do in our previous life. And due to waking up early we also get our sleep well and early. We all know that is the most essential thing to do for a healthy life. Many successfully remove their dark circles, many cure their back pain and many other things.

Work From Home- Many turn out to be again this but many were having dreams to make it true. COVID turns

out to help them. The ones who don't like to dress formally and sit on the 4-wheeled chair spending their whole day in front of the screen and having the half cold lunch in the break are now having their good life. They sit whenever they want. they even work while they are on their bed. Yes, this is true that Work from home is not that easy but every change requires a time to be adapted. This also will be adopted soon.

The conclusion is that it was and is dependent on us, For someone. COVID turn out to be something that came like a tsunami and destroyed everything and now he cannot do anything, But for someone, it turns to be an opportunity that he was waiting from a large time where he can work upon himself. COVID changed everything. Like we all change this world has also changed. And it is upon us how we adapt and how early we adapt.

Historically, quarantine has been a successful measure adopted worldwide in infectious diseases outbreaks; however, it represents an unfavorable experience for the population. Movement restriction, separation from family or friends, limited freedom and fear of an uncertain future are all factors that may exacerbate negative psychological impact

CONCLUSION

The COVID-19 pandemic has upended much of society in unprecedented ways. The measures adopted to mitigate the public health emergency, such as border closures, travel restrictions, and lockdowns, have affected labor markets, consumption patterns, and economic activities all over the world. The impact of such disruptions on mental health is of critical policy concern. Over the last two decades mental health disorders have imposed a growing burden on society. These costs may substantially increase as a result of the pandemic.

First, we show large disruptions to physical activity, sleep, and time use, particularly at the onset of the pandemic in March and April. Second, we document substantial declines in mental health with dramatic increases in depression. Third, we find that risk factors for depression diverge substantially during the pandemic compared to prior cohorts, with evidence that the pandemic tightened the relationship between the

maintenance of lifestyle habits and mental health. Finally, while disruption of physical habits is a leading predictor of depression during COVID-19, the

restoration of habits through our short-term intervention does not help restore well-being during the pandemic.

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