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Multidisciplinary International Research Journal

FEBRUARY 2023

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**Sciences, Social Sciences, Commerce,  
Education, Language & Law**

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## New Challenges in Psycho-Physical Health in post-covid-19

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### Abstract

This article aim is to gather primary and secondary data on how covid-19 effect psycho-physical health and to draw the firm conclusion by analysing it. Adolescents in the pandemic of covid-19. Psycho-physical health is depend on each other. The cross-sectional research method is used to find out the impact of covid-19 on the adolescents. Social disruption, financial insecurity, caregiving burden, lockdown confinement related stress are shown psychological challenges in the covid-19 pandemic.  
**Keywords:** pandemic stress, psychological health, physical health, stress scoping skills, intervention effectiveness,

### Introduction:

Covid-19 is highly infectious respiratory disease emerged in Wuhan, China and spread everywhere of the world. To make control on this pandemic due to newly variant without safety measure there was not any option in front of country of the world. Covid-19 pandemic created many challenges to save lives of peoples in nation. To preventive measure like lockdown, wearing the mask are applied all over the word. But these measure created psychological, physical and socio-economic challenges and recovery from the pandemic. The drawback of these measures are seen in the post covid-19 period, after recovery from it nowadays. Security measures such as quarantine and social distancing, socio-economic effects are seen negative on mental health in the post-pandemic time i.e. Anxiety, anger, Emotional disturbance, irritability, insomnia, and depression and behaviour changes such as avoiding crowded places, continuous hand washing etc. These security measures can also lead to loneliness, anxiety, depression, domestic violence, child abuse and substance abuse etc. (Kathirvel, N., 2020).

Stress related covid-19 decreased quality of life of people. Because tolerance of uncertainty is become active mediation in physical and emotional wellbeing. A study on mediation role of emotional regulation explore the impact of covid-19 measures on health related quality of life and predicted that there is signification relationship between covid-19 pandemic and psychological health, and negative relationship between CP and psychological, physical activity Overall Wellbeing (Dai J, Sang X and etl. 2021).

Anxiety, depression, symptoms of self-reported stress due to covid-19 pandemic may be associated with disrupted sleep. Regional, state and National-international borders have almost been shut down, economies crashed, and billions of people quarantined or isolated at their own homes and quarantine centres (Kshirsagar and etl. 2021).

Furthermore, covid-19 pandemic deeply influenced not only individual but also social behaviour and through them, the economic and financial system, education, the retail industry, logistic and entertainment and even religion also are the few examples (Manlio De Domenico 2021).

The rational of the current study is that provide applicable knowledge to the government and all stakeholder of the society for which can help how to face future challenges of sudden viral outbreak, and sustain psycho-physiological and socio-economic health.

### Physical health

Physical health consequences of covid-19, researcher observed that the covid-19 is the challenge to treat either sever inflammatory disorder patient or the skin cancer. (Wollina. U., 2020). Some studies evaluated the association between fatigue and covid-19 and fatigue was reported a greater proportion of women and individuals with psychological problem. Another studies found normal laboratory tests at follow-up, and suggested there was no association between fatigue and laboratory parameters such as inflammatory markers, cell turnover (leukocyte, neutrophil or lymphocyte counts, neutrophil-to-lymphocyte ratio, lactate dehydrogenase, C-reactive protein) or pro-inflammatory molecules (IL-6 or soluble CD25), ferritin or D-dimer. SamazShanbehzadeh, and etl. (2021).



### Psychological health

A meta-analysis report that the most frequent mental health symptom reported in the studies included in this review was anxiety, with post-COVID-19 prevalence ranging from 6.5% to 63%. The second most frequent psychological symptom was depression, with prevalence's ranging between 4% and 31% at follow-up times longer than 1 month post-COVID-19. One third of the patients in Italy and 41.3% of those in Iran had both depression and anxiety after hospital discharge. Another common post-COVID-19 mental health problem was PTSD, with prevalence's ranging from 12.1% to 46.9%. The severity of COVID-19 was related to the severity and prevalence of mental health symptoms, with anxiety and PTSD being significantly more frequent in patients admitted to the ICU compared to wards. Additional mental health symptoms were sleep problems, with prevalence ranging between 17.7% to 30.8% and cognitive-functional problems, reported in 17.1% to 4.4% of individuals post-COVID-19, especially in ICU survivors. Neurocognitive parameter including immediate verbal memory and semantic verbal fluency were moderately impaired in 58.7% and severely impaired in 18.4% of post-COVID-19 patients. More than half of the patients presented at least one stress-related symptom (anxiety, depression, and PTSD) or neurocognitive impairment.

The associations between mental health symptoms and demographic characteristics were evaluated in most studies. Inconsistent findings were reported for the association between age and psychological symptoms: four studies found an inverse relationship whereas three studies reported no association. Greater psychological impact was observed in females post-COVID-19, with a 2.2- to 2.5-fold higher odds of developing psychiatric morbidity. Comorbidities (arterial hypertension, coronary artery disease, and diabetes mellitus) were not related to a higher incidence of mental health problems. Previous psychiatric disorders were associated with increased severity of post-COVID-19 mental health symptoms. However, even individuals without previously diagnosed mental health morbidity (74%) reported anxiety and depression symptoms post-COVID-19. One study reported a significant direct relationship between symptoms of depression and baseline immune responses and inverse associations were found elsewhere with lung function parameters (forced vital capacity [FVC]) and post-discharge respiratory symptoms.

### Research method

This article is on the primary and secondary sources, the research papers related to the review question were collected from PUBMED, Google scholar, research gate, Ebscohub, Infilibnet etc.

### Discussion

Covid-19 is one of the influenced viral disease in the world and which is new to doctors, caretakers and even scientist, so that impact of covid-19 on the psychological and physiological health is the challenges for the long term in and after of the pandemic. Physical activity was reduced and anxiety, depression are increased in people. To overcome this problems there is need to learn pandemic stress scoping skills and understand the importance of the physical activity which could strengthen immune system.

### Conclusion

The conclusion can be drawn for this study that there are common psychological challenges such as fatigue, depression, anxiety of Covid-19 respiratory infection among the people. And the pandemic stress scoping skills and understand the importance of the physical activity which could strengthen immune system.

### Limitation of the study

This study use qualitative method to analyze data and summarize the data according to the problem of the review that to what is new challenges of covid-19 on physical and psychological in post covid-19. So the conclusions are drawn which might be unhelpful.

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