

Psychological Affects Change Working Scenario of Human During COVID-19

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Abstract

This study has been taken during COVID-19. It describes the working scenario of all class of peoples and their mental anxieties are analysed based on their psychological behaviour patterns.

Keyword: COVID-19, Psychological Affects, Working Class, Mental Anxiety

Psychological Studies

Humans are suffering from diseases and death caused by smallpox, cholera, typhus, dysentery, malaria, etc. establishes the infectious diseases. Despite the improved sanitation, immunization, and antimicrobial therapy, the infectious diseases have been a common and significant problems to the modern society. COVID-19 is known as Corona Virus Disease 2019. WHO gave the name Corona and it is also life threatening disease. The death may occur a large number human beings throughout the world. Infectious diseases is due to many different symptoms. Some are so mild that these diseases may not even have any symptoms. Some are life-threatening disease. COVID-19 symptoms are respiratory illness (like the flu) cough, fever, and in more severe cases the affected patients have been facing problems of breathing as the normal patients.

This study is based on the Psychological analysis of peoples who are working job from home/ from office. It is also taken care of students who already got the appointment letters but unable to join since the companies are not yet decided whether they will be actually recruited them or not. Most unlucky students are who did not get a chance for appearing before campus placement. All studies are based on the psychological analysis those peoples by psychiatrists from April 2020 to August 2020 in Kolkata during COVID-19.

In the present situation, job seeker, working job from home, work from office and with a job have been facing the same problems which are called anxiety. Before COVID-19 appears in the globe, job seeker has the anxiety but rest cases are not mostly.

In the lockdown period due to corona, organizations have been reluctant to recruit peoples with more or less qualified. The advertisements for opening job is less now and job seekers do not get the more opportunities for applying for the job.

Employment scam is one of the serious issues in recent times due to online advertisements in the social medias. Fraudulent job advertisements for reputed companies have been posted in social medias and these information mislead to the job seeker. It also creates anxiety.

Employers of IT companies, working from home, are giving more works of clients on regular basis assuming that these employees did not get free time. At the same time professional dedication of employee is required since there is a fear in mind of them that they can loose jobs if they did not complete the works in time. It creates mental anxiety among employees.

Employees who are working from office always fear of loosing their jobs since organizations are getting less assignments from their clients and also there is a possibility for infection of the corona virus because most of them have been travelling by public transports. These employees are also affected by anxiety from fear of corona virus.

Now consider students who got their degrees as well as placement for joining companies are debarred from joining the companies due the decision of the companies whether such recruitments are necessary in the present situation. Anxiety is started for these students also. Infectious diseases remain one of the leading causes of death worldwide in the past two decades. Public health outbreaks are becoming even more complex and challenging to tackle the situation. This is likely driven by multiple concurrent changes in ecosystems, globalization and urbanization, and changes in behaviours of peoples in the society.

On January 30, the WHO announced a Public Health Emergency of International Concern (PHEIC) for the 2019-nCoV outbreak. Later, the human-to-human transmission was confirmed. It is new virus and scientists are not yet to find any vaccine for the virus.

Since both the SARS coronavirus and the 2019 novel coronavirus share structural similarity and bind to the same receptor, the researchers tested three monoclonal antibodies specific to SARS virus for their ability to bind to the novel coronavirus. But none of the three antibodies prevent or treat the disease.

The protection as specified by WHO is to wash hands frequently, avoiding touching face, and avoiding close contact (1 meter or 3 feet) with people who are unwell. spreads The primarily contact through with an infected persons with cough or sneeze Coronavirus disease.. When a

person touches a surface or object that has touched by the infected corona virus patient and then he /she touches his/her eyes, nose, or mouth. It is possible that the person touched the surface or object may affected by corona virus. Currently no vaccine is invented to prevent coronavirus disease.

Scientists knew the human coronavirus since the 1960s. It does not generate much attention by the world. In 2003 severe acute respiratory syndrome coronavirus (SARS-CoV) caused an outbreak in China and Hong Kong. The Middle East respiratory syndrome coronavirus (MERSCoV) was outbreak in 2012 in the form of Middle East respiratory syndrome (MERS) in Saudi Arabia, the United Arab Emirates and the Republic of Korea. In both cases, the virus is new to science. It does not have rapid growth but probably the cause was not known to scientists.

SARS-CoV, MERS-CoV and SARS-CoV-2 – appear to jump to the human population more recently. These three result in a high mortality rate. These cause mild cold-like symptoms in humans. hCoV-OC43 and hCoV-229E, have been responsible for between 10% and 30% of all common colds. As with other respiratory viruses, such as the influenza virus, the reasons for this are not entirely clear. This group of human coronaviruses typically infects all age groups.

Zoonotic viruses cause illness ranging from the common cold to severe respiratory diseases. Zoonotic means these viruses are able to be transmitted from animals to humans. Coronaviruses are a large family of zoonotic virus. Common signs of COVID-19 infection are similar to the common cold and include respiratory symptoms such as dry cough, fever, shortness of breath, and breathing difficulties. Infection can also cause pneumonia, severe acute respiratory syndrome, kidney failure, and death. SARS cases high fatality rate in a number of countries in the world. The fatality rate may be much lower as those with mild symptoms are most likely undiagnosed.

Most colleges and universities have been organizing on-campus recruitment of students due to increase their reputations. There are two types of campus recruitments- Off-campus and On-campus. In on-campus the employers came to the colleges and universities for recruiting of students for their companies. On the other hand students are to go the companies for the possibilities of recruitments in off-campus. The student always desires for placing him/her in

a good companies. The selection of the students in a company is always based on their merits. It is also a measure of students in a particular course. Companies are always isolated talent in the organization where they visit for getting best talented students. In both cases students need to prepare themselves to the level best learning so that they can get the dream job. Normally many colleges as well as universities take extra classes particular for the campus interview. Students have to spend some times and their brains work during these periods. Since the selection of getting a job is a possibility so students have been facing depression as well as anxiety.

In the present situation the companies are reluctant to visit the campuses due to the declaration by the Government for closure of colleges and universities. This is mainly for COVID-19. The fates of the passing out students are at stake. They can not overcome mental anxiety for no on-campus or off-campus for the recruitment by companies. This anxiety is much more before than before COVID-19. This situation is also true for the final year students in colleges and universities. COVID-19 delayed the academic calendar and colleges/universities postpone the examinations. Online classes for other students have been going on and their anxieties depend other causes which are not to be considered in the paper. Since mental anxiety creates health problems of students so it is required to analyse the level of anxieties of them. The Government Authorities shall consider this problems seriously.

For the COVID-19, Governments have been imposing lockdown directly or indirectly and a number of restrictions are taken care for the people. In support of the restrictions IT Companies are asked their employees to work at home for the completion of the clients works. Since there is no other options employees are bound to do work at home.

The main focus is to discuss the psychological problems of mental health of employees who have been working at home till date and some remedial measure for them to remove mental anxiety that may cause some serious diseases. It is important to take care of mental health of employees during lockdown period due to COVID-19 whether they are working at home or working at workplace . Presently most employees of IT organizations have been doing their works from home. Employers of IT companies are giving more works of clients on regular basis assuming these employees did not get free time.

At the same time professional dedication of employee is required since there is a fear in mind that they can loose job if they did not complete the work in time. So it create mental anxiety among employees and at the same time mental health of employee deteriorated. The anxiety caused by stress in workplace as well as in home may have poor outcomes by the employee for the organizations. This situation needs attention by the organization to improve the working condition in home to increase the throughput of work of employees . Normally, human being takes depression lightly than physical illness. The continues depression is often create many diseases. If employee takes leave for mental illness then it may create negative consequences for other co-workers. The organization will not accept it if durations of leave are more. The works in front of computers continuously for a long time by an employee from home are creating the stress on their eyes and sometimes it may cause bad posture, arthritis in fingers.

Computer stress can be caused by sitting in one position for a prolonged period of time. Mental anxiety disorders may have intense, excessive and persistent worry and fear about everyday problems to be solved by IT professionals. If it continues then fear may reach panic attacks. IT professionals who are work from home is isolated from co-workers for the first time. The daily routines are disrupted and it causes anxiety, stress and strain—physically, mentally, and financially due fear of loosing job. Anxiety creates various mental problems such as sleepless night, back pain, sweating, breath problem, etc. For example, sleepless night may due to the works assigned for tomorrow and completion works shall completed within one day. In long run anxiety may cause insomnia, high blood pressure and cardiovascular disease . It is true that some of the diseases may occur if there is no COVID-19. Suppose the Company forces you to resign from the post you are holding now. If you are working in workplace then you can have an indication in recent past the the Company is not happy with your work. Now imagine if you are work at home then a letter from the Company is sufficient to remove you from the job. This stress is continuing in the present situation.

All Governments and some privates offices have been opened during COVID-19 except the days of lockdown. In these office rotation of presence of employees are set as a rule due to corona virus. In the office where financial transactions such as salary , pension, etc. are prepared there is restriction of the presence of employees. All offices follow proper prevention process due to COVID-19 but still most of the employees have taken bottle of sanitization for their own safety. Further most the employees use public transports for coming to the office. Each employee has been feared of infection from corona. The reason is that they do not believe

that each transport is sanitized thoroughly everyday. It creates anxiety amongst them. It reflects on their work due to loss of concentration. Also there may be possibility of some his/her colloquies affected by corona although there is a strict vigilance on every employees to pass the corona test. Employees use mask and gloves and some are used other kits for their safety before starting their journey to office. After return back from the office all employees are again sanitized al of their belongings along with their dresses. So there is a financial burden on them to make available sufficient things mentioned above. So financial burden for COVID-19 creates another type of anxiety for extra expenses in every month.

It is true that some are joined before corona but probably most of the students may get the appointment letters but they are unable to join the companies since companies are yet to decide the joining date for them. Students are not sure whether their appointment letters will be valid after corona is over. All over the world scientists are trying out their best to invent the vaccine of corona. This will in turn to create uncertainty amongst students who have the joining letters in their hand. These students can not also avoid anxiety since their joining is uncertain.

Conclusions

In conclusions, it is observed that the life style of peoples are changed in all sphere of life. It is true not only in India but also throughout the globe. This new life is actually possible for Computer and Internet and help us to make all transactions through online. In poor country like India, Government shall think of availability of computers and internet in rural, urban, districts and cities in India. It is a study of how psychological changes have been occurred in peoples due to the new virus COVID-19.

Conflict of Interest

Authors do not have any conflict of interest.

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