

Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

The impact of the Covid-19 pandemic on the adult
people's mental health in the UK.

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Introduction

- ◀ In 2020 the pandemic was the main reason behind health issues and mental stress among the adult group of people.
- ◀ The COVID-19 cases and effects were rapidly increasing among the elders.
- ◀ The pandemic is increasing with an increase in fear, stress, anxiety and depression.
- ◀ The pandemic has been the major reason behind economic destruction and adverse mental health.

The Covid-19 has put an adverse effect on the mental health of the people in the whole world. The pandemic is rapidly increasing with the fear, stress, worry and concern mostly among the elders of the family as they have a lot of headache about how things will work, income scope etc. the elders are highly grasped under the pandemic effect however it has affected every age people of the country. According to **World Health Organisation** data the covid-19 has shown a devastating impact on the mental health of the population and majorly on the elder population who run the family and have responsibilities (WHO, 2020). The fear, stress, loss of income, isolation, depression, anxiety etc. has triggered the mental health of the people and adversely affected their overall health.

Aim and objectives

- An essay aims to discuss about COVID-19 impact on the mental health of the population of the UK.
- The essay aims to provide methods, findings and results from the research.

The survey says that *out of 10 approximately 4 UK adults* declared that they had experienced a negative impact of the pandemic on their mental health. Around *38% of the elder population of the UK* has been reported for mental health issues like stress and anxiety whereas *only 26% of the population* responded having no mental illness issues (Statista, 2020). The aim of the essay is to discuss in detail about the severe impact on the mental health of the adult population of the UK. The study will also discuss the ways and measures that can be taken to prevent the rapid increase of mental illness among the population.

Methods

- ← A secondary qualitative research of the mental health issues among the adult population of the UK is conducted in the research.
- ← The literary sources have been selected from Sciencedirect database that have shown the common mental health issues during the COVID-19 crisis.
- The articles relevant to the topic have been peer reviewed to meet the objectives
- ← Valid and reliable articles have been taken to acknowledge the ethical consideration of the research and maintain its quality.

The secondary qualitative research method has been selected here to study and analyse the mental health issues among the elderly population of the UK prevention through wider determinants of health lens. The peer reviewed articles have been chosen from ScienceDirect database that has reflected the common mental health issues during the pandemic period (Pieh *et al.*, 2021). The determinants have not changed over time with intervention efforts that aim to protect the mental health of the people who are severely affected due to the arrival of a pandemic with hazardous effects over the health and the economy. The literature review shows an increase in the rate of anxiety and stress among the elderly population of the UK during the time of the covid-19 (Thomas Key *et al.*, 2021). Valid and reliable articles have been taken to acknowledge the ethical consideration of the research without hampering its quality.

Literature Review

Author(s), title and year of publication	Aim of the study	Methods	Summary of main findings
O'Connor <i>et al.</i> (2021) "Mental health and well-being during the COVID-19 pandemic: longitudinal analyses of adults in the UK COVID-19 Mental Health & Wellbeing study"	Reasons behind the mental health issues in Covid-19	Primary research, a survey has been conducted among 569 adults in the UK in accordance to the sex, age, educational background	According to O'Connor <i>et al.</i> (2021), the implementation of lockdown has somehow saved individuals from the virus and protected their physical health but it can be the cause which created a huge negative impact on mental health. It can also be the cause behind the increase in isolation, anxiety and depression among adults. The article has highlighted the fact that few of the main reasons behind the increase in mental issues among adults can be the social, environmental and financial aspects.

The main concern of the first article is to study the reasons behind the mental health issues in Covid-19. The purpose of the article is to understand and analyse the psychology and well-being of the adults and promote healthy behaviours to cut off the increasing depression and anxiety rate among the people.

Literature Review

Chandola <i>et al.</i> (2020) "The mental health impact of COVID-19 and lockdown-related stressors among adults in the UK"	Covid-19 impact on the mental health of adult	Primary quantitative research has been done by developing a relevant questionnaire among adults in the UK	The increase of unemployment rate among adults in the UK due to Covid-19 can create a negative impact on the adult's mental health. Covid-19 can also create an impact on the mental health of adults as adults are more vulnerable to get affected by the Covid-19 pandemic.
White and Bore, 2020 "Impact of the COVID-19 pandemic and initial period of lockdown on the mental health and well-being of adults in the UK"	To provide support to the adult people suffering from mental illness due to the Covid-19	Primary survey on a convenience sample of 600 adult people in the UK	From the study, it has been found that the livelihood and mental well-being have been significantly affected during isolation in the lockdown and it is further associated with poor mental health conditions.

The main focus of both the second and third article is to analyse the Covid-19 impact on the mental health of adult in which it has been that an increase in the rate of mental health issues among the adult population of the UK that negatively influence the health and psychology of the person. Moreover, the article is helping to understand the rate of mental health issues through primary research and investigation.

Results- Key Findings

- The COVID-19 is the major cause of mental health issues among the adult population of the country.
- The impact of pandemic is too high among the adult group and it is still increasing (White and Bore, 2020).
- The Covid-19 impact is lower among the high income group of people as they have sufficient money to deal with the situation.

The Covid-19 pandemic is the cause of mental health issues among the elders and youngsters in the UK. The impact of pandemic is too high among the elder group and it is still increasing (White and Boor, 2020). The covid-19 impact is lower among the high income group of people. The Covid-19 pandemic has not only resulted in the mental health issues however it has also affected the mental health of the elderly population of the country and the world. The pandemic has created new challenges for the peoples who are already suffering from the mental health illness before Covid-19 attack. It can be said that the poor result of the economy is one of the major reasons for mental illness among the age group who hold the responsibility of running their family and businesses. The pandemic has affected the entire structure and conditions of the population and the country (Chandola *et al.*, 2020).

- **Key themes**

- The mental health issues among the adult population during the pandemic period are an important topic to concern. People with mental health issues have high chances of getting some serious impact over their body such as: stroke, agitation etc. the mental issue can cause long term damage to the health and can be dangerous for the whole life. During the pandemic the people who belong to the elder group of the country were lost in depression and were totally isolated as of the stress they faced during the economic recession which is the major cause of mental illness (O'Connor *et al.*, 2021). The low satisfaction to self-

esteem and unsatisfied result of self-development quality also causes anxiety and depression to the person who fails to meet the desired result thus the level of self confidence falls down in a speed due to which the person does not feel good and feel isolated. The adults with depression rate have high chances of getting a poor impact on their physical health and growth.

Discussion

- ✦ The mental health issues among the adult population during the pandemic period are an important topic to concern.
- ✦ People with mental health issues have high chances of getting some serious impact over their body such as: stroke, agitation etc. it can cause long term damage to the health and can be dangerous for the whole life.
- ✦ During the pandemic the people who belong to the elder group of the country were lost in depression and were totally isolated as of the stress they faced during the economic recession which is the major cause of mental illness (Batteux et al., 2021).
- ✦ The low satisfaction to self-esteem and unsatisfied result of self-development quality also causes anxiety and depression to the person who fails to meet the desired result thus the level of self confidence falls down in a speed due to which the person does not feel good and feel isolated.

The government of the country is trying to provide more resources and required funding in the health care centres so that the needed precautions can be undertaken by the experts to prevent the cause of depression, anxiety, isolation etc. The country is trying to collect a good amount of contribution to overcome the mental health illness situation. The workers, business owners, family heads and earners are highly depressed after the arrival of the covid-19 pandemic in the world. The focus of the country is to improve the economic conditions, healthy approaches etc. to prevent the increasing depression and isolation rate among the adult population of the country as it also affects the health of their family and the country (Chandola *et al.*, 2020).

- According to the study, it is important for adults to get enough sleep, hope and positivity which will keep them healthy and happy and also provide strength to face this covid-19 situation (White and Boor, 2020). The mentioned measures and ways to prevent mental illness in adults must be undertaken to develop good mental health which is free from depression, stress, anxiety and insomnia.

Conclusion

- ◀ The above report is concerned with the increasing rate of mental health issues among the adult population in the UK.
- ◀ The study says that covid-19 pandemic does not only put a negative effect on the mental health of the adult population of the UK however it also affects the health of the economy (Lopes and Jaspal, 2020).

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In the above study the rapid increase of mental health issues among the elderly population of the UK is discussed in detail with its implications and influence that affects the health, growth and mind of the elderly population of the country. The study also discusses the relevant and possible preventions that can be undertaken to overcome mental health issues in adults.

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