

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Introduction

- It will also provide a brief discussion on the methodology and method that will be utilized in this study and consideration of various important ethical practices within the research too. Lastly, it has discussed automatic review findings and discussion and ended with the Conclusion and Recommendation.
- **Aim**
- This particular study is based on a systematic literature review. In this particular study, one will get a Clear View in relation to the impact of covid-19 in the elderly population on mental health and well-being. In this concept, this study will discuss the background related to the topic rationally or identify the negative aspects related to this particular topic.
- **Objectives**
- To Change in schedule has been a part of mental health issue
- To evaluate impact of social distancing on the mental health of old adults
- To assess the COVID-19 epidemic factors in increasing the anxiety among the elderly

Methods

- **Data Collection method**

- The Data Collection method is considered to be the first step into the practical world. Here the researcher actually identifies the source or the place from which we will be collecting the information and data so as to complete the study in a better way. In this particular study, research has taken into consideration the secondary data collection method which has helped him to provide more appropriate and accurate information related to the topic (Bairagi and Munot, 2019). The various sources that have been utilized by the researcher in this particular study are articles, magazines, newspapers journals, eBooks, and the internet.

- **Data Analysis**

- The data analysis part is known to be a process in which the researcher is seen to be interpreting and analysing the various information that has been collected with the help of the secondary data collection method. This particular analysis is done on the basis of the objective and requirement of the study (Kumar, 2018). This particular study researcher has chosen to use the qualitative data analysis method. This particular method is based on the various information and data that have been gathered from the survey.

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings

Results

- The covid-19 various or pandemic is the one that is increasing the number of old others who are socially isolated. The impact of social distancing on the lives of these old adults has been from anxiety and fear to the development of obsessive-compulsive disorder because of the fear of infection (Chen et al., 2020).
- In terms of Mental Health issues, the main psychological impact to date is considered to be anxiety or the rate of stress that these old people are having at this point in time. This fear of stress or tension is occurring due to the various news and information that has been provided to these people and the way they are taking care of them which is making them feel more scared or tensed about the situation. It is also been identified that these old others are more vulnerable to this particular illness of covid-19 and have also experienced much increase in the level of depression and anxiety during this time of covid-19 and the mental distress during this particular time. (Cheung et al., 2020).
- It is also been identified it is not only impacting the mental health but also there will be as the social distancing has increased various health conditions like that of obesity heart disease increase blood pressure depression poor cognitive functioning the immune system functioning motility and even the increased risk of Alzheimer's disease. (Ettman et al., 2020).

Discussion

- it can be seen that due to social distancing the elderly cannot go out to meet people or even see the visitors who were staying in old age home and are not allowed due to the safety and health precautions of the patients or clients. Therefore, it is making them more stressed, depressed, or even sad about the fact that they no longer can enjoy the world and can meet people and describe their feelings and emotions.
- Discussing all these can help them in having good mental health as they will feel much free and it will help them to deal with time when they feel troubled.
- one thing they can do is doing exercises, there are a number of online videos and people who are providing services like that of yoga and exercises for the old others which they can utilize as it will make them feel much better to keep their mood good and relaxed.

Conclusion

- It is summarised that there are a number of aspects that have become part of the reasons for having such mental illness or bad health of the people above the age of 60. All the methods have been utilized so as to complete the study in a better way and not face any kind of struggle completing the task. Old adults can do that will help them investigate the various struggles that they are facing currently due to covid-19 and in relation to mental health issues and well-being. One of the best ways for coming out of such an issue is to talk to people about their feelings, for example, what they are experiencing, what are their needs, what are their opinions on the situation that is taking place, and so on.

References

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