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Depression, Anxiety and Stress Level of Men During Covid-19 Lockdown- A Questionnaire Survey.

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Abstract

Background: The pandemic Coronavirus disease 2019 crisis has highly affected the human lives throughout the world. The pandemic lockdown has an impact on mental health problems of men who work both online and offline across the world.

Methods: Approximation of mental health status are required immediately. The DASS-21 is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress. The depression scale measures dysphoria, hopelessness, devaluation of life, self-deprecation, lack of interest/involvement, anhedonia, and inertia. The anxiety scale measures autonomic arousal, skeletal muscle effect, situational anxiety, and subjective experience of anxious effect. The stress scale measures difficulty relaxing, nervous arousal, and being upset/ agitated, irritable/over reactive, and impatient. The data collected shows that COVID-19 lockdown had a vital impact on Depression, Anxiety and Stress level of both online and offline male employees. Majority of participants (both online and offline employees) showed that they were in anxiety than depression and stress during lockdown.

Conclusions: This web-based survey shows significant results to highlight that men had mental health problems to manage their work life with family during COVID-19 pandemic lockdown. Lockdown situation made men more depressed, anxiety and stressed with official work along with the family setup. 63.5% of participants were married and only 9.6% of participants maintaining their better lifestyle with their positive mental health since lockdown.

Keywords: Depression, Anxiety and Stress, Men, COVID-19 Lockdown.

Introduction

The Coronavirus disease (COVID-19) is severely affecting life, almost one third to half of the global population was under some form of lockdown¹. The new highly-virulent strain of the Coronavirus, known as VOC 202012/01 or B.1.1.7, was found in the United Kingdom in September 2020 has hit across the country, initiating further lockdowns².

Researchers from various institute carried out various studies on the new strain and it supports the fact that the variant of concern (VOC) was significantly more transmissible and infects younger people faster².

According to the media reports, almost 240 new Covid-19 strains have been detected across India. These new Covid-19 strains reported to be the main reason for sudden heave in the numbers of active Coronavirus cases, which was pinned at 1,45,634 comprising 1.32 per cent of the country's total infections, as revealed by the Union Health Ministry³.

India has banned travelling up and down to UK, to avoid the dissemination of the new viral strain. So, if there was a Covid-19 surge, lockdown will be implemented in some states once again⁴.

Current facts suggests that the COVID-19 pandemic had gendered effects, including differences in social and economic consequences⁵. According to a survey of life in lockdown, a mainstream of Indian urban youth has experienced that their mental health was somewhat affected all through the Coronavirus (COVID-19) lockdown. About 39% of male respondents between 18 and 25 years of age stated that their well-being was strongly affected at that time⁶.

In the current crisis, in a downturn, men had severe impact than women in terms of unemployment. This is due to the fact that more men work in industrial sectors like constructions, manufacturing and fabrications which were closely tied to the economic cycles⁵. Mental health problems with men were due to their rigidity in coping styles in order to reflect their dominant male roles⁶.

Therefore, the main aim of the study is to study the mental health status (Depression, Anxiety and Stress) among men throughout the COVID-19 lockdown.

Need of the study.

The effect of COVID-19 pandemic lockdown on mental health problems such as Depression, Anxiety and Stress of men is noticeable. Men are basically work challenged but this pandemic situation is more challenging. This study is an opportunity to find how men are balancing their mental health with family, work and routine in their lockdown crisis.

Objective of the survey

To estimate the mental health status of men during COVID -19 lockdown period. It was also intended to measure the work life balance made by the men at the time of the crisis and how they maintain their mental health with the family and work in the lockdown.

Methods

Study method

Cross sectional, structured closed questionnaire survey.

Sampling technique

Observational sampling technique, a questionnaire link was shared through google form link and only men were requested to enter the data. The data collected with participants consent in the same link and were confidentially maintained.

Sample size

Total 182 samples were collected in the study under inclusion criteria.

Study population

Men between 20-62 years of the age group who work both online and offline in COVID-19 lockdown.

Inclusion criteria were both online and offline working men, age group between 20-62 years. Exclusion criteria were men who were not interested to participate in study and age group below 20 and above 65 years.

Study tool

A fully structured questionnaire from Psychological Foundation, Sydney, for assessing mental health status (Depression, Anxiety and Stress (DASS-21)) was used to record the responses of participants through Google form.

Data processing

The study was a cross sectional, questionnaire survey executed in India where an easy web based link made in Google form questionnaire survey and shared the link via social media (Whatsapp, Facebook and Messenger) and piloted prior to the main survey to 10 people and necessary changes were made. Privacy was strictly managed throughout the survey. The survey data collection was initiated on 21 December 2020 and closed on 28 February 2021.

Results

Total 182 men between 20 to 65 years of age group were participated in the survey. In the study, 63.5% were married and 36.5% were single. DASS-21 questionnaire was used as an outcome measure. It indicated how much the participants have experienced certain conditions under categories like Depression, Anxiety and Stress factors in the last 3 months during COVID -19 lockdown. The results were calculated by percentage.

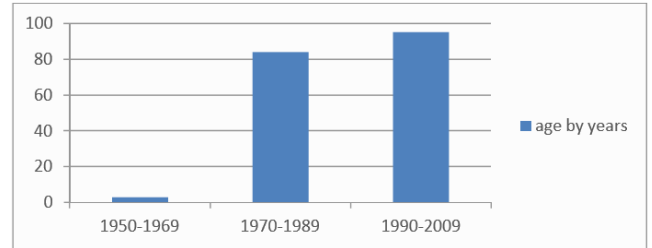


Fig 1: Demographic details- Age of the participants.

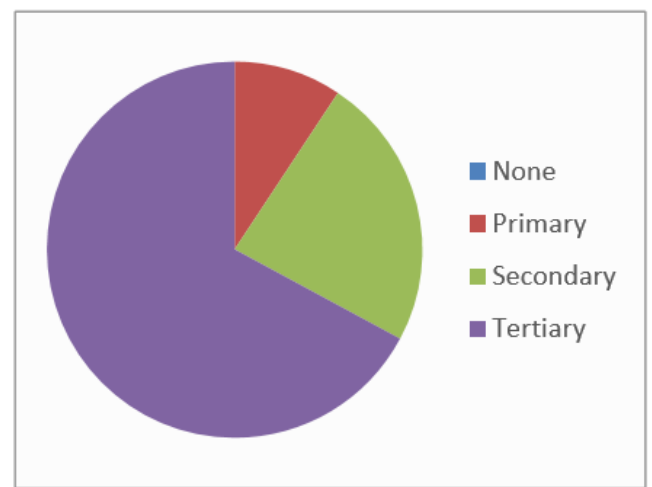


Fig 2: Clinical characteristics- Education of the participants

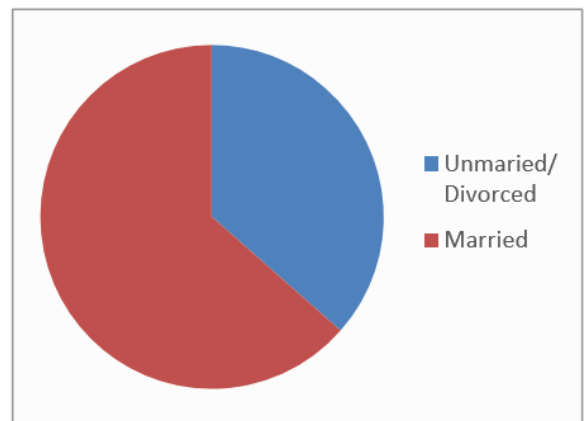


Fig 3: Clinical characteristics- Marital status of the participants.

Table 1: Subscale 1- Depression Scale

Q.No	0-Never (%)	1-Sometimes (%)	2-Often (%)	3-Almost always (%)
1	22.5	59.3	15.4	2.8
2	34.6	36.3	17.6	11.5
3	33.5	41.8	18.1	6.6
4	51.6	29.1	13.7	5.5
5	28	41.8	25.8	4.4
6	31.9	43.4	19.8	4.9
7	46.2	34.1	14.3	5.5

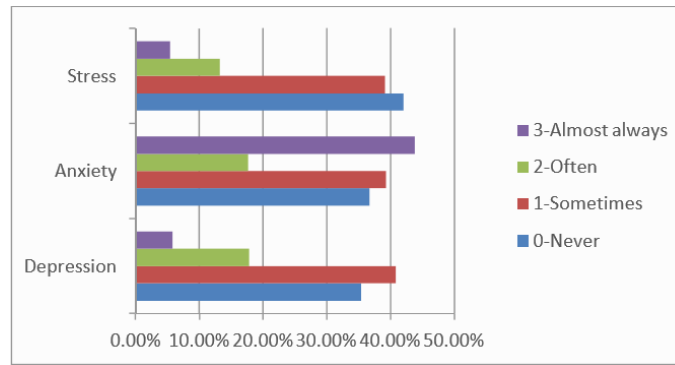
Table 2: Subscale 2- Anxiety Scale

Q.No	0-Never (%)	1-Sometimes (%)	2-Often (%)	3-Almost always (%)
8	37.9	37.9	18.1	6
9	39.6	41.8	15.9	2.7
10	37.9	35.7	17	9.3
11	33	42.3	19.2	5.5
12	29.1	45.1	16.5	9.3
13	41.2	33.5	19.8	5.5
14	38.5	39	17	5.5

Table 3: Subscale 3- Stress Scale

Q.No	0-Never (%)	1-Sometimes (%)	2-Often (%)	3-Almost always (%)
15	36.3	45.1	11.5	7.1
16	33.5	39.6	21.4	5.5
17	41.2	37.4	15.4	6
18	41.8	36.8	15.4	6
19	36.3	45.6	12.1	6
20	37.9	46.2	12.6	3.3
21	67.6	23.6	4.4	4.4

Fig 4: Participants percentage score under 3 subscales- Depression, Anxiety and Stress.



Discussion

The pandemic COVID-19 has brought about enormous changes in our work- life balance. This incident has forced most of the people to work remotely. Work From Home (WFH) wasn't as easy as it appears – it could be tedious more mentally, than physically⁸. Coronavirus –related lockdown has affected 50% of respondents' work- life balance in consequence of salary cuts and layoffs, according to a survey. 28.64 % people felt the shrinkage in manpower has led to a hike in work demands thus affecting the general work- life balance⁹. Work ability might be measured as an important phase of well being and health status. One of the most important factor in association with work ability was Health Related Quality of Life (HRQoL). There was a constructive correlation between physical and mental components summaries with work ability index (p=0.0001). Workers with higher graduation had an enhanced work ability (p=0.0002)¹⁰.

The study was designed to estimate the mental health status of men during the lockdown. The responses of 182 participants were analyzed within the group. Both online and offline workers were integrated in the survey. Respondents were between 20 and 65 years of age group. 36.5% of the participants were unmarried/ divorced and 63.5% of the participants were married. Respondents with 10.3% of men were educated at primary level, 26.2% of men were educated at secondary level and 74.5% of men were educated at tertiary level. According to the graph, most of the participants sometimes (40.8%) had depression, almost always (43.8%) had anxiety and never (42%) had stress. With the observational sampling technique, the participants showed variant mental health problem. Participants could manage their depression and stress, but they felt anxiety with their situations.

The study showed that men had mental health problems by handling family and work simultaneously during the COVID-19 lockdown.

Limitations

The study did not compare the mental health status amongst men and women, and did not compare the mental health within the age groups.

Conclusion

The study was concluded that COVID-19 lockdown had a great impact on mental health of men. The study showed that men had anxiety than depression and stress in extension of pandemic lockdown. The study also showed that mental health also affected the quality of life of men in lockdown. Depression, Anxiety and Stress Scale-21 (DASS-21) questionnaire which were used as an assessment tool had been recommended to utilize commonly as a screening tool among women and children to detect their mental health.

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