

**EFFECTS OF CORONA PANDEMIC ON MENTAL HEALTH OF
THE RESIDENTS OF LAHORE**



**A THESIS SUBMITTED TO KINNAIRD COLLEGE FOR WOMEN TO
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BACHELOR OF SCIENCE

IN

GEOGRAPHY

BY

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RESEARCH COMPLETION CERTIFICATE

It is certified that Mahnoor Bajwa of Bachelors (2018-2022), Department of Geography has carried out research work entitled **“Effects of corona pandemic on mental health of the residents of Lahore”** under my supervision.

It is assured that research work is original and has not yet been published anywhere else.



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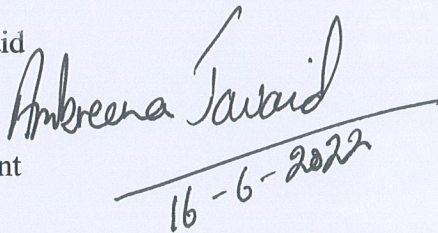
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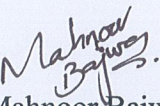
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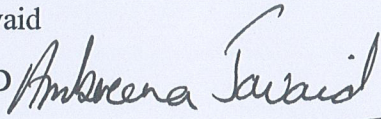
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16-6-2022

ACKNOWLEDGMENT

“In the Name of Allah, the Most Beneficent and the Most Merciful” All praise to Almighty Allah alone, the Omnipresent and the most Merciful and compassionate. The words are bound, knowledge is limited and time is short to express His dignity. I am very thankful to ALLAH who gave a countless blessing. He is the only Master of the whole universe and the Day of Judgment.

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Mahnoor Bajwa

ABSTRACT

The aim of this research is to locate whether COVID-19 is affecting people mentally or no. Which was surveyed from the residents of Lahore, Askari 10 and Harbanspura. CORONA VIRUS basically started in December, 2019 in China and expand everywhere in the world. It kept on increasing and took many lives. Other than mental health It affected in many other things in every way and prospect for example education, physical health, social life and employment. Questionnaire method was used for data collection. The statistical analysis was also applied through SPSS which is in the form of bar graphs. The research showed that COVID-19 is affecting the mental health pf the people, and its reasons and consequences have also been figured out.

EFFECTS OF CORONA PANDEMIC ON MENTAL HEALTH OF THE RESIDENTS OF LAHORE

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LIST OF ABBREVIATIONS

Abbreviations

Full Form

WHO	WORLD HEALTH ORGANIZATION
UNESCO	UNITED NATIONS EDUCATIONAL, SCIENTIFIC and CULTURAL ORGANIZATION
SARS-CoV2	SEVERE ACUTE RESPIRATORY SYNDROME CORONAVIRUS 2
HCW	HEALTH CARE WORKER

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CHAPTER 1

INTRODUCTION

Coronavirus disorder (COVID-19) is a contagious disorder due to a determined coronavirus. Many individuals who fall sick with Covid-19 may have mild to moderate signs and symptoms and get better without unique treatment. The bacteria that causes COVID-19 is spread mostly through droplets produced when an inflamed person coughs, sneezes, or exhales. These droplets are too heavy to hold in the air and fall quickly to the ground or other objects. People can become infected by breathing in the virus if they are in close contact to someone who has COVID-19, or by touching a contaminated floor and then touching their eyes, nose, or mouth.(Vindegaard 2020)

The coronavirus disease 2019 pandemic has triggered tremendous psychological impact worldwide. Human psychology has been linked to the use of lockdown. Stress accounted for 8% of the pandemic's psychological effects, while depression accounted for 16-28 percent.

There are certain limitations to these discoveries. These mental side effects emerged in a few of the affected countries and may not reflect the experiences of people in other parts of the world.

Thus, obviously having affirmed cases and death rates because of the Coronavirus pandemic affects psychological wellness issues. (Roy et al, 2021)

In the interim, college and high school Understudies are concerned about dorm clearance and the cancellation of anticipated events such as trade review and graduation services. As neighboring organizations closed, a few people lost their temporary jobs. Understudies in their last years are concerned about the upcoming gig market. "Undergrads are more defenseless than we naturally suspect, particularly with the ongoing scholar and monetary weight", said Chiu. Social removing

measures can bring about friendly separation in an oppressive house, with misuse probably aggravate during this season of monetary vulnerability and pressure. (Vahia et al, 2020)

The public's mental responses have a critical role in shaping both the spread of the illness and the occurrence of close-to-home difficulty and societal issues during and after a flare-up of an infectious illness.

This serves a variety of uses. Mental factors are recognized to play a considerable role in adherence to general health precautions (such as vaccination) and in how people adapt to the risk of contamination and the consequent tragedies. These are obviously important considerations in the treatment of any infectious disease, including Coronavirus. Maladaptive behaviors, intense misery, and cautious attitudes are among the mental responses to pandemics. People who are predisposed to mental illness are particularly helpless. (Pieh et al, 2020)

During the ongoing Coronavirus epidemic, these elements are evident. In a survey of 1,210 people from 194 cities in China conducted in January and February 2020, 54 percent said the mental effects of the Coronavirus flare-up were moderate or extreme, 29 percent said they had moderate to severe nervousness, and 17 percent said they had moderate to severe burdensome side effects.

Furthermore, Mourning, separation, loss of pay, and fear are all factors that might trigger or exacerbate emotional distress. Many people may be dealing with increased levels of alcohol and pharmaceutical use, insomnia, and anxiety. (Benros 2020)

Meanwhile, Coronavirus can cause neurological and mental problems such as drowsiness, turmoil, and stroke. Individuals with a history of mental, neurological, or substance abuse difficulties are also more vulnerable to SARS-CoV-2 infection; they may face a higher risk of severe symptoms and even death.

As countries implement steps to limit development as part of their efforts to reduce the number of people infected with Coronavirus, more and more of us are making significant changes to our daily routines.

Telecommuting, temporary joblessness, self-teaching of children, and lack of actual touch with other relatives, companions, and partners are all new realities to which people are becoming acclimated. Adapting to lifestyle changes like these, as well as dealing with fear about contracting the virus and stress over people close to us who are especially defenseless, is difficult for us all. Individuals with emotional well-being issues may find them particularly difficult.

Fortunately, there are numerous things we can do to maintain our mental well-being and to assist others who may require additional assistance and care.

Dr. Tedros stated, "Great psychological well-being is absolutely critical to overall wellbeing and prosperity."

WHO has offered nations instructions on how to keep up with basic administrations, including psychological well-being administrations, throughout the Coronavirus outbreak, and recommends that countries allocate resources to emotional well-being as a critical part of their response and recovery strategies. The Association also urges countries to monitor changes and pauses in administrations so that they can respond as needed. (Basu 2020)

Despite the fact that 89 percent of countries said emotional wellbeing and psychosocial support are vital for their public Coronavirus response plans in the survey, only 17 percent of these countries had full supplementary funding to cover these exercises.

Being well-informed about the sickness and how it spreads is the most effective method to prevent and slow transmission. Maintain a safe distance from others, wear a correctly fitted veil, and wipe up or use a liquor-based rub frequently to protect yourself and others from

contamination. When it's time to relocate, get immunized and follow the advice of your neighbors.

When a contaminated person hacks, wheezes, talks, sings, or relaxes, the infection can spread in little fluid particles from their lips or nose. The size of these particles varies from large respiratory drops to little vapor sprayers. It means a lot to practice breathing techniques, such as hacking into a flexed elbow, and to stay at home and rest till you feel better, presuming you're sick. (Singh 2021)

Caring for our emotional well-being

It is causing widespread fear, tension, and worry among the general public as well as specialized groups, such as older adults, caregivers, and people with basic illnesses.

In terms of open emotional wellbeing, the super mental influence on date is increased heart rates or nervousness. However, as more measures and effects are introduced, such as quarantine and its repercussions on many people's normal activities, schedules, or livelihoods, levels of despondency, gloom, harmful alcohol and medicine usage, and self-harm or self-destructive behavior are predicted to escalate.

Along with the psychological well-being and prosperity of cutting-edge workers, concerns of administration access and coherence for individuals with developing or existing emotional well-being conditions are presently a major pressing issue in heavily impacted populations, such as Lombardy in Italy.

As part of its overall health response, WHO collaborated with partners to develop a number of new materials on the psychological well-being and psychosocial support aspects of Coronavirus?

1.1 STUDY AREA

Lahore is the 2nd largest city of Pakistan and is the capital city of Pakistan’s province Punjab. It is a metropolitan area. The study area of this research are the two main areas of Lahore.

Study Area

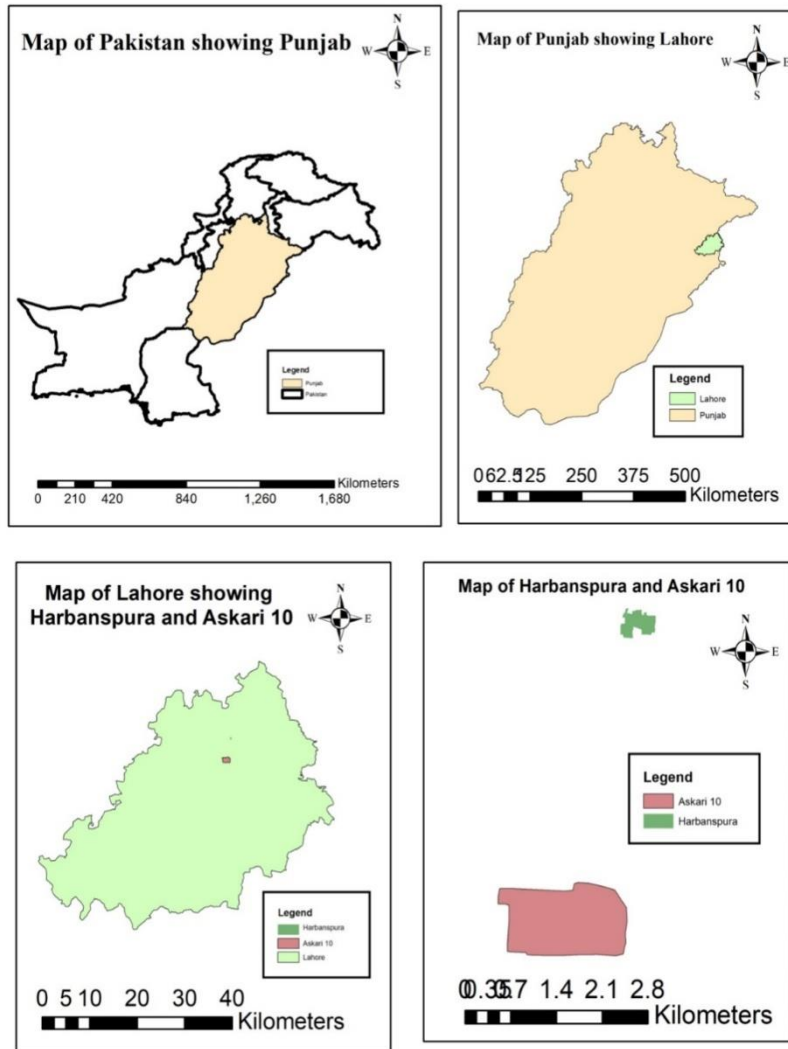


Figure 1.1 Map of Study Area

Study Area Map

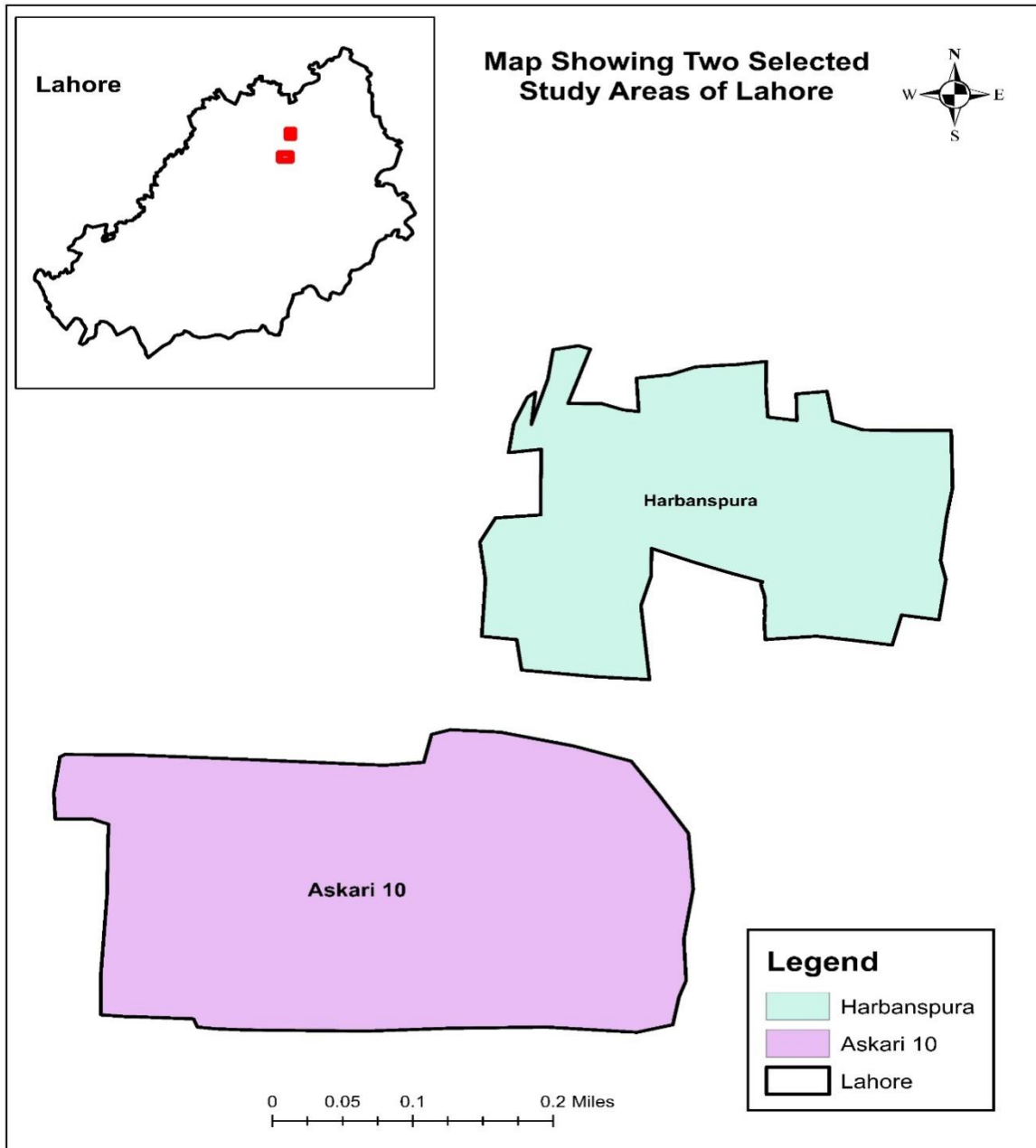


Figure 1.2 Map of Study Area

1.2 Rationale

The main purpose of this research is to find out that how COVID-19 has affected the people mentally. Because COVID-19 has spread so much fear in the hearts of people and almost 61 lac people have been killed due to CORONA VIRUS, in this regard a research survey has been conducted in order to determine how corona virus has affected the people and what is the reason. Many people were affected with this trauma and their mental health has been affected whether it was before they got effected with corona or after they got effected. And the main reason which came out was ISOLATION, people are afraid of staying alone. They have a fear in their mind that if they get corona positive, they will have to quarantine which mean staying alone, and this automatically fears one heart that as if they are affected with something deadly and it will take their life. This affects their mental health.

1.4 STATEMENT OF PROBLEM

Physical and mental health of people are being affected by COVID-19 pandemic.

1.5 OBJECTIVES

- ✚ To examine how corona related changes have affected people's lifestyle which ultimately leads to mental issues
- ✚ To examine which age group is facing more psychological issues
- ✚ To examine what changes people have faced in post corona period
- ✚ To examine how people handled the situation and dealt with the obstacles

1.6 Hypothesis

H₀: people are not being mentally affected by COVID-19 pandemic due to isolation.

H₁: people are being mentally affected by COVID-19 pandemic due to isolation.

CHAPTER 2

LITERATURE REVIEWS

Almeida et al (2020) they stated, The current overall flare-up of COVID-19 has changed the usual methodology of all sections of society. While some pandemic-related stressors influence almost everybody, many particularly influence ladies. Reason: To survey what is known with regards to the pandemic's impact on ladies' psychological wellness, what makes them more inclined to weaknesses and unfriendly effects, and techniques for forestalling and treating these emotional well-being ramifications in the female populace during explicit stages across the life expectancy. Studies from China, where COVID-19 initially surfaced, have tracked down that female sexual orientation is altogether connected with higher self-detailed degrees of stress, nervousness, sadness, and posttraumatic stress manifestations, and more extreme generally speaking mental effect. Because of disconnection rules in actuality in many spots, casualties of private accomplice brutality are denied of the choice to remain with a companion or relative or go to an abusive behavior at home safe house. In any event, recording a defensive request can be a test. Many don't look for clinical consideration to stay away from the danger of COVID-19 openness.

Amount et al (2020) The consequences of the corona virus, covid-19, outbreak on people's mental health and decision-making were studied. These authors from diverse countries such as Saudi Arabia, Egypt, and Iraq conducted this research using an arbitrary sample of 5611 people, 3423 Egyptians and 2188 Saudis, whose ages ranged from 16 to over a lengthy period of time. The review test was separated into sub-bunches as indicated by identity, age, sex, economic

wellbeing, learning level, pay level. The scientists in this review arranged mental issues manifestations stock that has been applied online to the example. The discoveries show that the expanded predominance of Coronavirus negatively affects the emotional wellness of people, as the degree of mental issues were expanded, and the outcomes likewise found contrasts in the pervasiveness of mental issues side effects because of segment factors.

Bhatia and Richa stated The Covid 2019 (COVID-19) pandemic has brought about extraordinary changes in day to day existence and routine exercises, notwithstanding critical wellbeing, monetary, monetary, and social results. Starting in March 2020, a few nations all throughout the planet executed lockdowns and physical/social separating measures. A huge number of lives have been lost as a result of COVID-19 all throughout the planet. This massive loss of life, along with the abrupt changes in daily life brought on by the COVID-19 pandemic, may adversely affect youngster and juvenile psychological wellness. The effects of the COVID-19 pandemic on child and adolescent mental health are not fully understood. The COVID-19 pandemic's consequences might incorporate compounding as well as deteriorating of psychological wellness challenges among youngsters and teenagers with prior mental conditions, and expected new beginning of emotional well-being difficulties, especially, nervousness and stress-related issues among in danger kids and youths.

Cullen et al (2020) In Ireland, there was a survey on mental health during the Covid-19 pandemic. The public's mental responses play a critical role in shaping both the propagation of the infection and the occurrence of enthusiastic pain and social problems during and after a flare-up of an irresistible sickness. Mental factors play a crucial role in how people adapt to the risk of contamination and subsequent losses, as well as how they adhere to general health precautions

(such as immunisation). 1 These are unquestionably critical considerations in the treatment of any infectious disease, especially Covid-19. 4 As a result, people with a history of mental illness or substance abuse will be more susceptible to sickness from Covid-19.

Giorgi et al (2020) conducted a survey on the effects of the Coronavirus on mental health in the workplace. The Coronavirus Disease 2019 (COVID-19) pandemic has altered social and professional environments in numerous ways. Following the outbreak of COVID-19, the goal of this writing survey is to broaden mental perspectives related to work environment variables in order to address future mental basic concerns in the workplace. The writing search was performed during July 2020 utilizing Google researcher, PubMed, and Scopus as information bases. A few examinations considered the effect of COVID-19 pandemic on emotional wellness results in weak working populaces. The most weak laborers classifications is by all accounts the forefront laborers and medical care laborers, travelers, and youthful grown-up specialists. Examination done in Europe.

Hamouche (2020) investigates the impact of the COVID-19 experience on participants' emotional well-being, namely mental anguish and doom. It aims to identify the primary stressors during and after COVID-19, analyse the critical directing components that may alleviate or disturb COVID-19's effect on workers' emotional well-being, and finally propose proposals from a human resource management perspective to moderate COVID-19's effect on representatives' psychological well-being. examines the impact of a COVID-19 flare-up on workers' emotional well-being, namely mental distress and depression. It aims to identify the major stressors during and after COVID-19, examine the key directing variables that may moderate or disrupt COVID-19's impact on employees' psychological well-being, and finally, make recommendations from a

human resource management perspective to mitigate COVID-19's impact on employees' emotional well-being.

Hessami et al (2020)the impact of the COVID-19 pandemic on women's anxiety and depression throughout pregnancy and the postnatal period. The present meta-investigation gives proof that the COVID-19 pandemic altogether builds the danger of uneasiness among ladies during pregnancy and perinatal period. Backing measures ought to be considered for ladies during pregnancy or perinatal period to ensure psychological wellness for this helpless populace.

Javed et al (2020) presents a comprehensive summary of the effects of the COVID19 flare-up on people's emotional well-being. The general public is being informed about the actual effects of SARSCoV2 contamination around the world, as well as procedures to take to prevent susceptibility to the Covid and monitor COVID19 adverse symptoms if they appear. Throughout the world, the general public is being taught on the actual effects of SARSCoV2 sickness and the steps to take to prevent exposure to the virus and monitor COVID19 signs if they appear. The current situation necessitates bringing issues to light in the open, which can aid in the disaster's management.

Lee (2020) During COVID-19, a survey was conducted on the mental health effects of school closures. This article is based on a survey conducted online. The pandemic of coronavirus disease 2019 (COVID-19) and the social distancing measures enforced by many countries have disrupted daily routines. According to UNESCO, schools have been suspended countrywide in 188 nations as of April 8, 2020. They lose their anchor in life when schools are closed, and their symptoms may recur. "Prior to the pandemic, going to school had been a problem for [those youngsters with depression], but at least they had school routines to stick to," Zanon

added. Meanwhile, college and university students are worried about the evacuation of their dorms and the postponement of planned events like exchange studies and graduation ceremonies. Meanwhile, college and university students are worried about the evacuation of their dorms and the postponement of planned events like exchange studies and graduation ceremonies.

Lestari and endra (2021) Regardless of the developing interest in the treatment and the executives of COVID-19, networks actually wind up encountering numerous anxieties with emotional well-being emergency, because of the pandemic. At the point when this isn't tended to, it causes pressure over the long haul, with additional emotional well-being harm in people and the networks. This review intends to help local area emotional wellness during the emergency, through valuable data from important articles. It also clarifies a few points from writing audits, case reports, and society replies from Google Scholar, Science Direct, and

Liang et al (2020) purposes of this study was to survey the adolescent emotional well-being after the Covid illness 19 (COVID-19) happened in China fourteen days after the fact, and to explore variables of psychological well-being among youth gatherings. They utilized poll to do the examination. Many examinations have exhibited the effect of irresistible infection episodes on open psychological wellness, like extreme intense respiratory disorder (SARS) in 2003. These types of pandemics cause widespread mental health problems, such as post-traumatic stress disorder, mental anguish, sadness, and anxiousness. Several studies have found that post-traumatic stress disorder is strongly linked to wretchedness and other mental disorders. Concerning about COVID-19, 30.1% of the members had full information on the data introduced in thing 1, yet 6.5% of the members didn't have full information on the data.

Pierce et al (2020) The COVID-19 pandemic is relied upon to have significant and suffering impacts on emotional well-being however, until we have information, we won't have the foggiest idea about its structure, degree, term, or conveyance. A proper general wellbeing reaction to alleviate and oversee psychological well-being sequelae is probably going to require significant redirection of assets.

Roy et al (2020) examined about Emotional well-being ramifications of COVID-19 pandemic and its reaction in India. Emotional well-being concerns and treatment ordinarily assume a lower priority when the restricted assets are intended for pandemic regulation. In this worldwide helpful emergency of the COVID-19 pandemic, emotional wellness issues have been accounted for from everywhere the world. The major psychological well-being issues detailed were pressure, nervousness, sadness, a sleeping disorder, forswearing, outrage and dread. In this unique situation, children and more experienced individuals, cutting-edge labourers, and people with current emotional wellness ailments were among the powerless. Suicides linked to the Coronavirus have becoming increasingly common. Around the world, rules and mediation approaches have been used to manage emotional well-being difficulties. In this particular situation, the role of online media has also been enormous. The Government of India has provided state-specific intervention procedures, telepsychiatry conferences, and a complementary number for mental and social difficulties.

Sai et al (2020) The COVID-19 epidemic has caused mental health issues in healthcare workers, according to study. The following databases were used to conduct the research: PubMed, Google Scholar, Cochrane Library, and Embase. An examination of the six studies revealed that ebb and flow research focused on analysing a few aspects of emotional well-being influenced in HCW as

a result of COVID-19. Sex, calling, age, work environment, field of employment, and mental aspects such as powerless social aid, self-adequacy were all associated to higher strain, tension, onerous indications, and a sleeping problem in HCW. COVID-19 may be an independent hazard factor for hypertension in HCW, according to mounting evidence. The standard screening of healthcare staff involved in treating and diagnosing COVID-19 patients should be replaced with multidisciplinary psychiatry groups assessing stress, sadness, and tension.

Spoorthy et al (2020) Proquest information bases about ongoing local psychological wellness difficulties, as well as government strategy on the COVID-19 pandemic's impact. Crisis mental emergency therapy, helpline support, online directing aid with mental consideration course, and short-term meetings were among the intercessions made to strengthen local area emotional well-being amid the pandemic. As a result, emotional well-being difficulties in this group should be addressed alongside physical well-being. Furthermore, the local community plays an important role in influencing partners and state-run institutions to raise awareness of the importance of promoting emotional wellness.

Vahia et al (2020) stated that as the coronavirus disease 2019 (COVID-19) spread across the United States in early 2020, The pandemic had a disproportionately negative impact on older adults, with more severe confusions, higher mortality, concerns about disruptions to their daily schedules and access to mind, difficulty adjusting to innovations such as telemedicine, and fears that confinement would exacerbate existing psychological well-being conditions. More seasoned individuals had lower blood pressure reactivity and, on average, more enthusiastic guidance and prosperity than younger adults¹, but considering the pandemic's width and reach, there was worry about an emotional wellness emergency among more seasoned adults. This Viewpoint

sums up proof recommending that, counter to assumption, more seasoned grown-ups as a gathering might be stronger to the uneasiness, sorrow, and stress-related psychological well-being messes normal for more youthful populaces during the underlying period of the COVID-19 pandemic.

Vindegard and Eriksen (2020) that was examined Although the general unforeseen difficulties have received the most attention during the COVID-19 pandemic, the backhanded effects of the pandemic on general psychological health are of growing concern, especially since the SARS-CoV-1 outbreak (2002–2003) was linked to mental complexities. Pieh et al (2020) The impact of age, sexual orientation, remuneration, job, and actual work on mental health during COVID-19 lockdown in Austria was investigated. Online reviews were performed for the exploration. The effect of Coronavirus sickness (COVID-19) and the administrative limitations on emotional wellness have been accounted for various nations. . Although restrictions are effective in preventing COVID-19 from spreading uncontrollably, they may have a negative impact on mental health. In the midst of pandemics, it's natural for individuals to feel apprehensive and concerned, fearful of getting sick or dying, being socially isolated, or losing their jobs.

Williams et al (2020) aimed to look into the unusual influence of the COVID-19 pandemic on general practise medical care utilisation, as well as the resulting assessments of normal physical and psychological well-being in a denied UK population. Between March and May 2020, evaluations of normal conditions in this denied metropolitan population decreased significantly, implying that a large proportion of people have unknown conditions. COVID-19 limits straightforwardness, and patients with undiscovered diseases or postponed determination present to critical and optional medical care administrations, a rebound in future responsibility

could be on the way. Such administrations should concentrate on identifying and treating these patients in order to mitigate potential side effects and ensure overall health. Cristine et al (2020) presents the protocol for a concentrate on that plans to analyze the emotional well-being effect of COVID-19 and social separating practices in individuals with genuine psychological instability and the practices attempted to forestall COVID-19 disease in this gathering. The episode of Covid illness 2019 (COVID-19) has caused huge pressure and emotional wellness issues among the overall population. Notwithstanding, people at most serious danger for poor psychological wellness results, like individuals with genuine dysfunctional behavior, have been to a great extent neglected.

Yinka et al (2021) did bibliometric study of worldwide scientific literature on the mental health impacts of the COVID-19 pandemic. From the first widely circulated essay until June 27, 2021, the review provides a complete examination of patterns of global logical study on the implications of the COVID-19 Pandemic on Mental Health. The COVID-19 general wellbeing crisis has uncovered wellbeing, social, monetary, natural, and mental weaknesses. Various explores directed examined the greater part of the COVID-19 worldwide general wellbeing crisis weaknesses, particularly the mental effect. While the examination endeavors are recognized, it stays appropriate to investigate the degree of psychological well-being weaknesses worldwide by conglomerating research patterns and achievements for reference and future heading. The mental weaknesses are probably going to proceed with post-COVID-19 Pandemic if huge mediations are not carried out.

CHAPTER 3

METHODOLOGY

The Medline computer database was used to conduct the literature search. It concentrated on all COVID-19 pandemic and psychiatry investigations. Primary data on the impacts of corona on mental health will be assessed through the questionnaire from the residents of Lahore.

Methodology

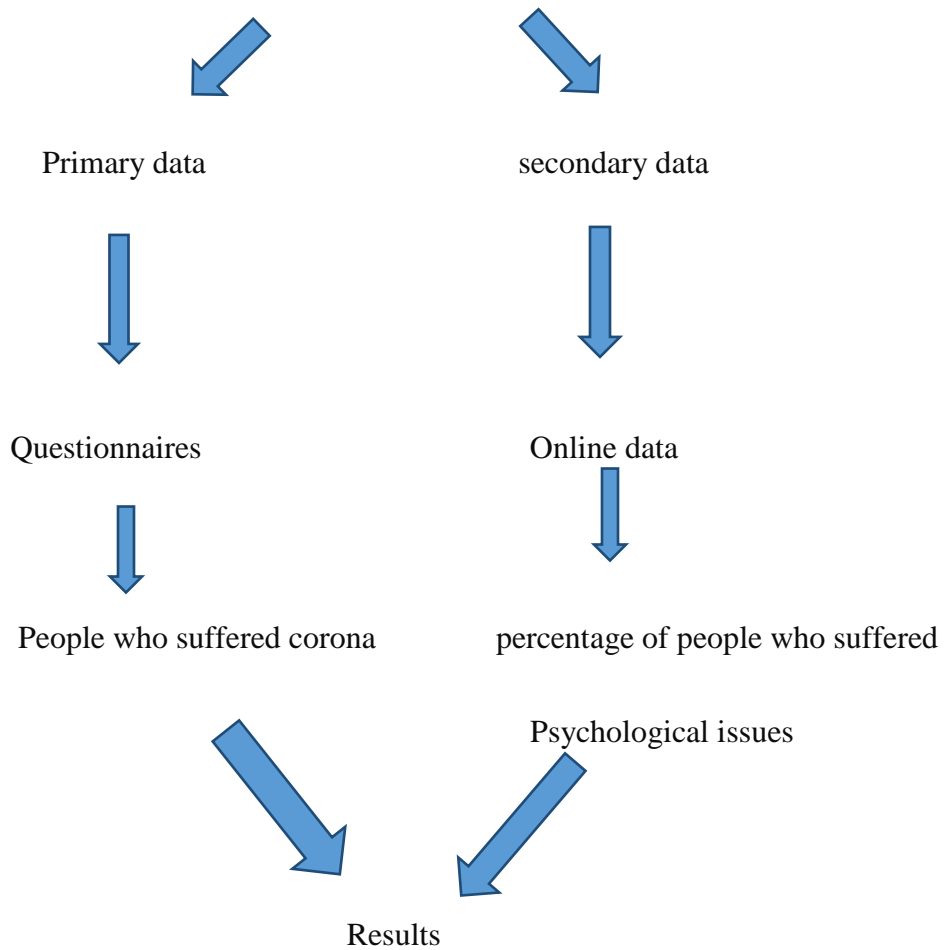


FIGURE 3.1 METHODOLOGY FLOW CHART

For data collection, there are two types of sources used, primary and secondary. Both of these sources are employed to obtain data for the study. The study area taken for this research includes Asakri 10 and harbanspura. the survey was filled by the residents and students of these areas. The primary data was gathered through the questionnaire. On the other hand, secondary data was taken from the internet, and articles.

3.1 SAMPLE SIZE

The sample size of the research is comprised of 275 respondents . the questionnaire method is used which helps to recognize whether mental health is affected due to COVID-19 or no and what were the reasons. There are 19 questions in the questionnaire that are related to it.

3.2 SELECTION OF SURVEY MECHANISM

This research study's survey strategy was exhibited using convenient sampling. Questionnaire was drafted which mostly contained closed ended questions except for the 2 questions which were left open ended.

3.3 VARIABLES

In this research, basically two types of variables are used. These are:

3.4 INDEPENDENT VARIABLES

It mainly includes the CORONA VIRUS

3.5 DEPENDENT VARIABLES;

The dependent variable of the research is people.

3.6 RESEARCH INSTRUMENTS

Responses were tabulated by using simple techniques. The bar graphs have been produced by spss software. These results are included further in the report.

3.7 PROCEDURE

Survey was conducted by distributing questionnaires among the people of north the areas. Analysis of the data and conclusion were prepared through spss. Statistical diagrams. Bar charts and tables.

CHAPTER 4

RESULTS

Table 4.1 GENDER

Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Female	195	70.7	70.9	70.9
Valid Male	77	27.9	28.0	98.9
Valid prefernot to say	3	1.1	1.1	100.0
Total	275	99.6	100.0	
Missing System	1	.4		
Total	276	100.0		

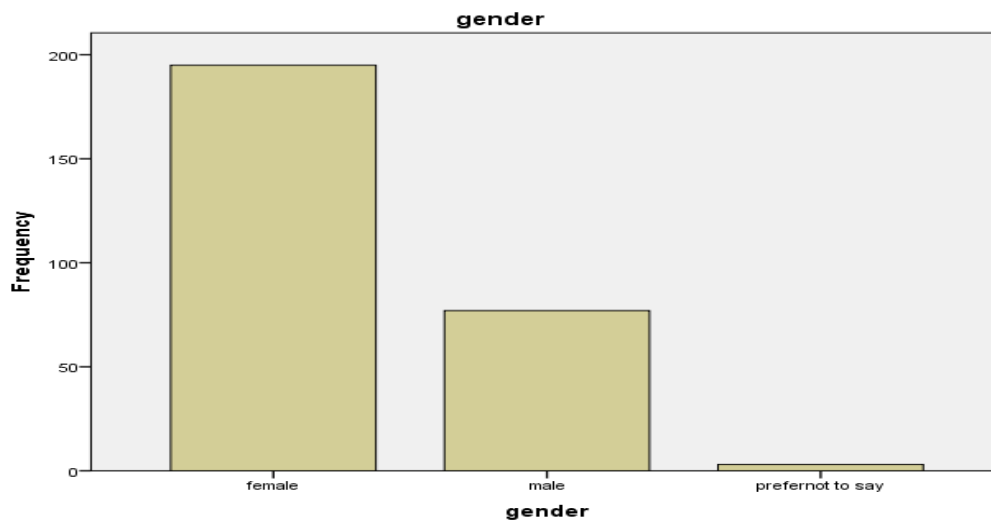


Figure 4.1 showing gender

Interpretation The above graph shows that 195 people are female and 77 are male.

Table 4.2AGE

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
below 18	21	7.6	7.6	7.6
19-30	147	53.5	53.5	61.1
31-50	65	23.6	23.6	84.7
above 50	35	12.7	12.7	97.5
33.00	7	2.5	2.5	100.0
Total	275	100.0	100.0	

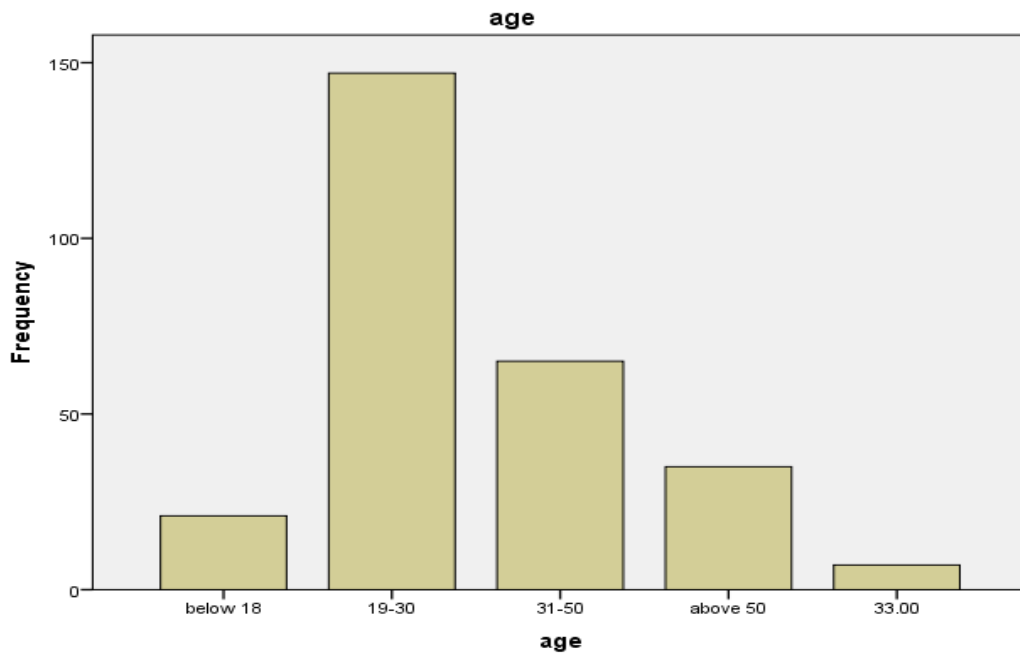


Figure 4.2 showing age

Interpretation The bar graph shows that almost 21 people are below 18, 147 people are under 19-30 age, 61 people are under 31-50 age and 35 people were above 50.

Table 4.3 WHAT IS YOUR CURRENT STATUS?

current_srarus

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Student	122	44.4	44.4	44.4
Valid Employed	93	33.8	33.8	78.2
Valid Unemployed	60	21.8	21.8	100.0
Total	275	100.0	100.0	

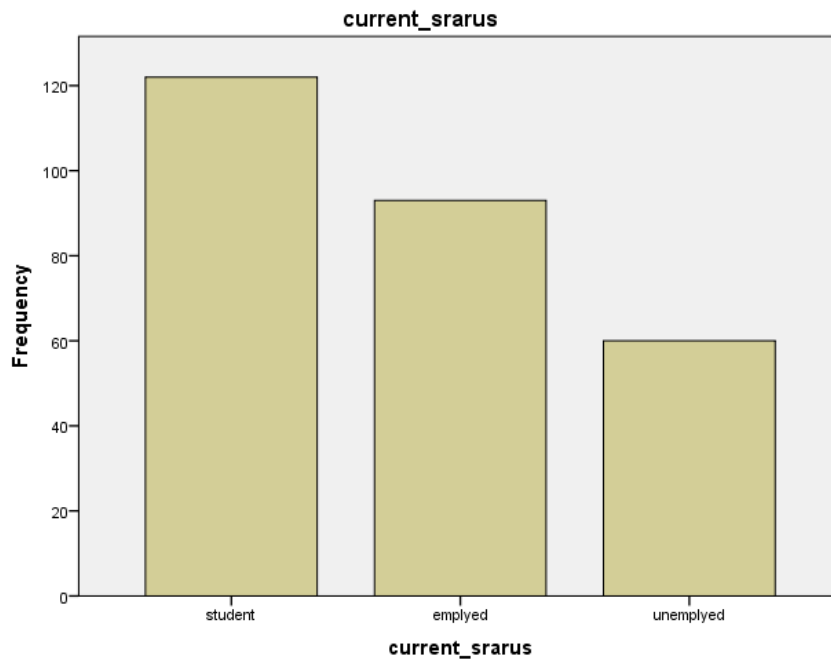


Figure 4.3 showing current status of people

Interpretation According to the graph above, 122 persons were students, 93 were employed, and 60 were jobless.

Table 4.4 HAVE YOU SUFFERED FROM COVID-19?

people_who_suffered_from_covid

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	275	100.0	100.0	100.0

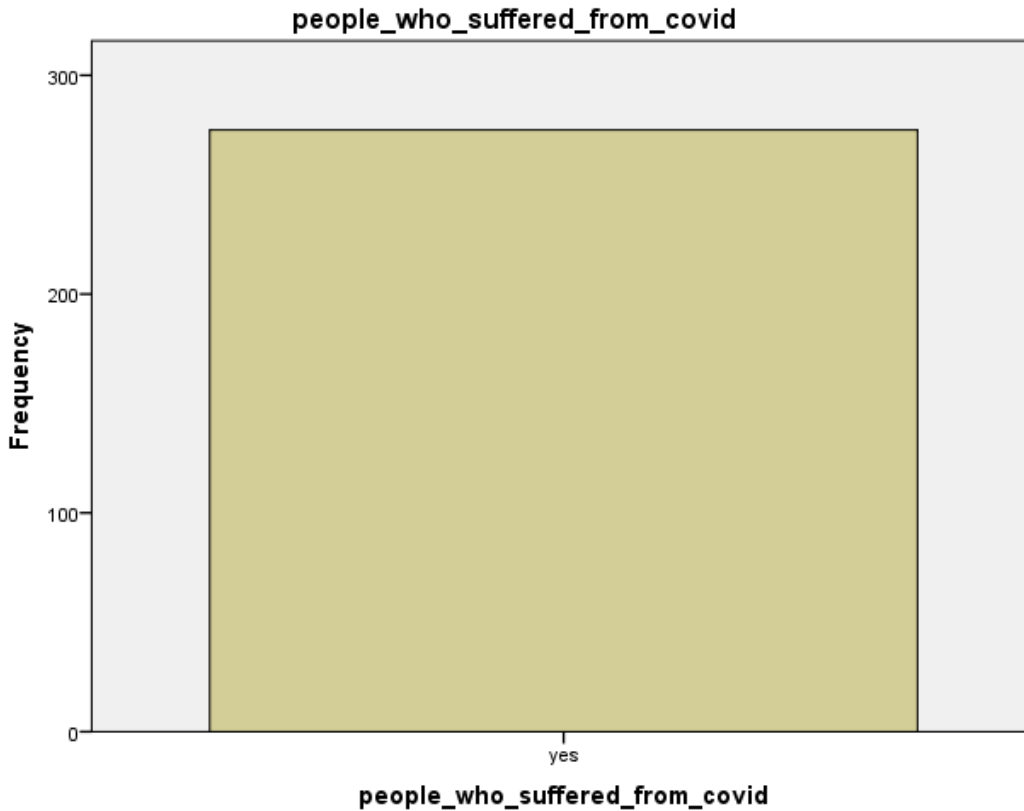


Figure 4.4 showing people who suffered from covid-19

Interpretation:

All the people out of 275 suffered from covid-19 as the graph shows.

Table 4.5 DID YOUR FAMILY AND FRIENDS SUPPORT YOU DURING THIS?

family_friends_support

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	261	94.9	94.9	94.9
	No	14	5.1	5.1	100.0
	Total	275	100.0	100.0	

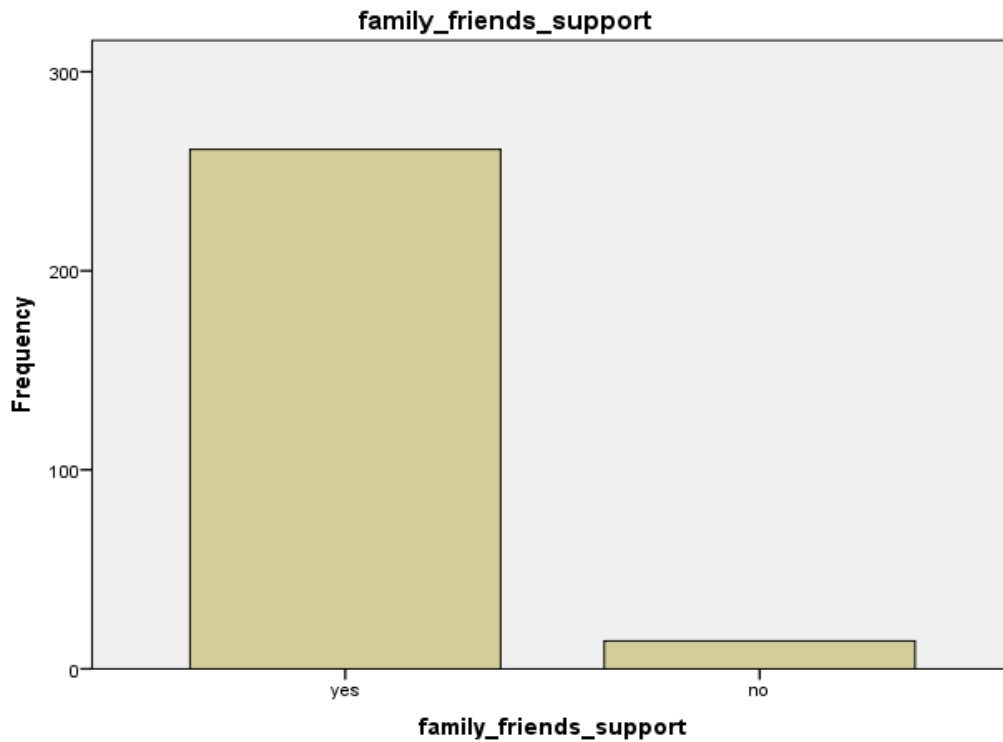


Figure 4.5 showing support of family and friends

Interpretation:

261 people said yes that there family supported them during covid and only 14 said no as the bar graph shows above.

Table 4.6 DID IT TAKE LONG TO COME OUT OF COVID TRAUMA?

covid_trauma

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	183	66.5	66.5	66.5
Valid not much	78	28.4	28.4	94.9
Valid No	14	5.1	5.1	100.0
Total	275	100.0	100.0	

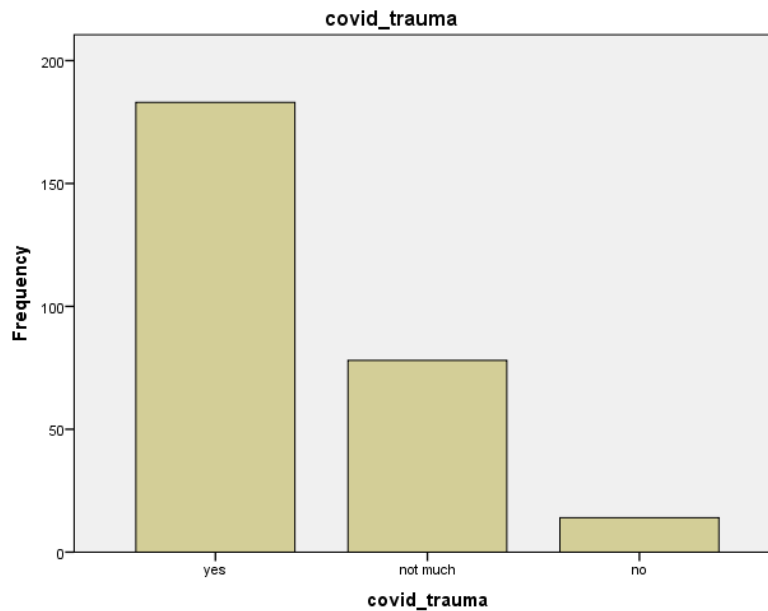


Figure 4.6 showing did it take long to come out of covid trauma

Interpretation:

The bar graph shows that 183 people said that it took long to come out from covid trauma and 78 people said not much and 14 people said no.

Table 4.7 DO YOU THINK THAT CORONA HAS AFFECTED EDUCATION AND EMPLOYMENT?

education_and_employment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	254	92.4	92.4	92.4
	No	21	7.6	7.6	100.0
	Total	275	100.0	100.0	

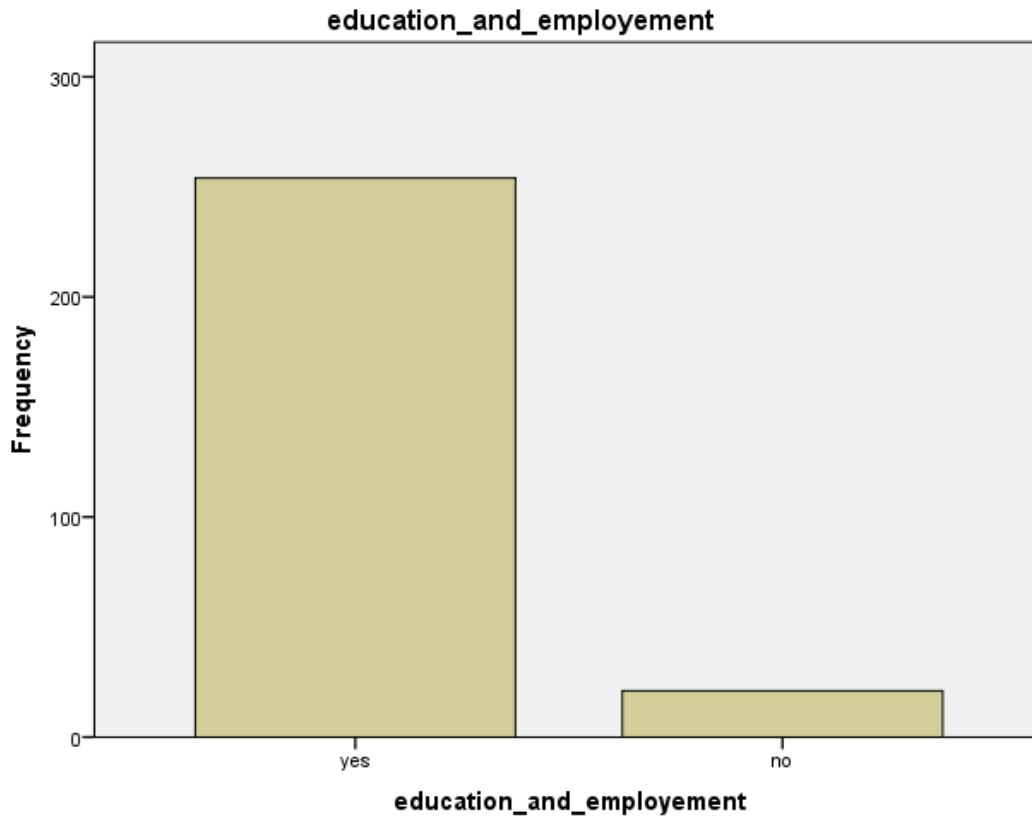


Figure 4.7 showing affect on education and employment

Interpretation:

When asked about education and employment, 254 people said that COVID affected them.

Table 4.8. WHY DO YOU THINK PEOPLE ARE BEING MENTALLY AFFECTED BY COVID-19 PANDEMIC?

Mental_health

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Due to isolation	151	52.4	54.7	54.7
	Due to unprecedented	57	19.8	20.7	75.4
	Due to Heath	68	23.6	24.6	100.0
	Total	276	95.8	100.0	
Missing	System	12	4.2		
Total		288	100.0		

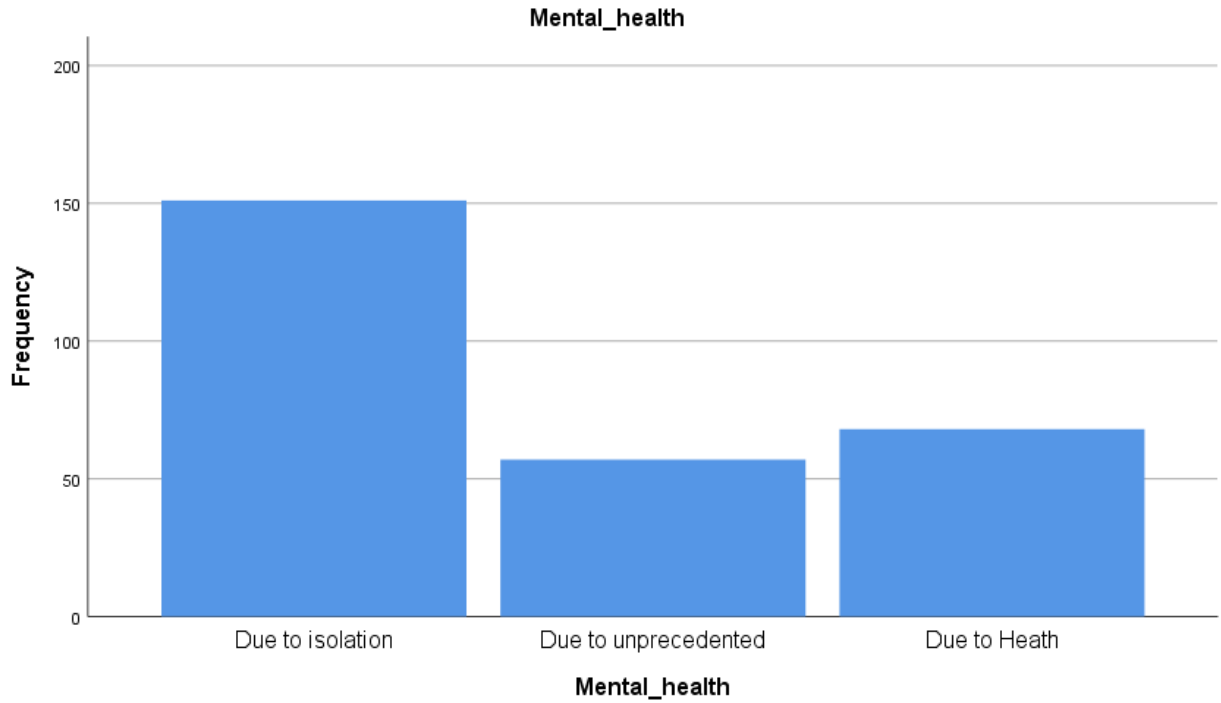


Figure 4.8 showing the reason behind why people are being mentally affected by COVID-19 pandemic.

Interpretation:

The above graph shows that the reason due to which people are being mentally affected by COVID-19 is die to isolation, as more of the people gave their answer about isolation and then some of them said due to to unprecedented condition and also due to health deteriorating symptoms of COVID-19.

Table 4.9

WHAT IS MOST KNOWN/COMMON CONSEQUENCES OF COVID-19?

common_consequence_of_covid19

	Frequency	Percent	Valid Percent	Cumulative Percent
people becoming lethargic	60	21.8	21.8	21.8
loss of taste or smell	160	58.2	58.2	80.0
shortness of breath	55	20.0	20.0	100.0
Total	275	100.0	100.0	

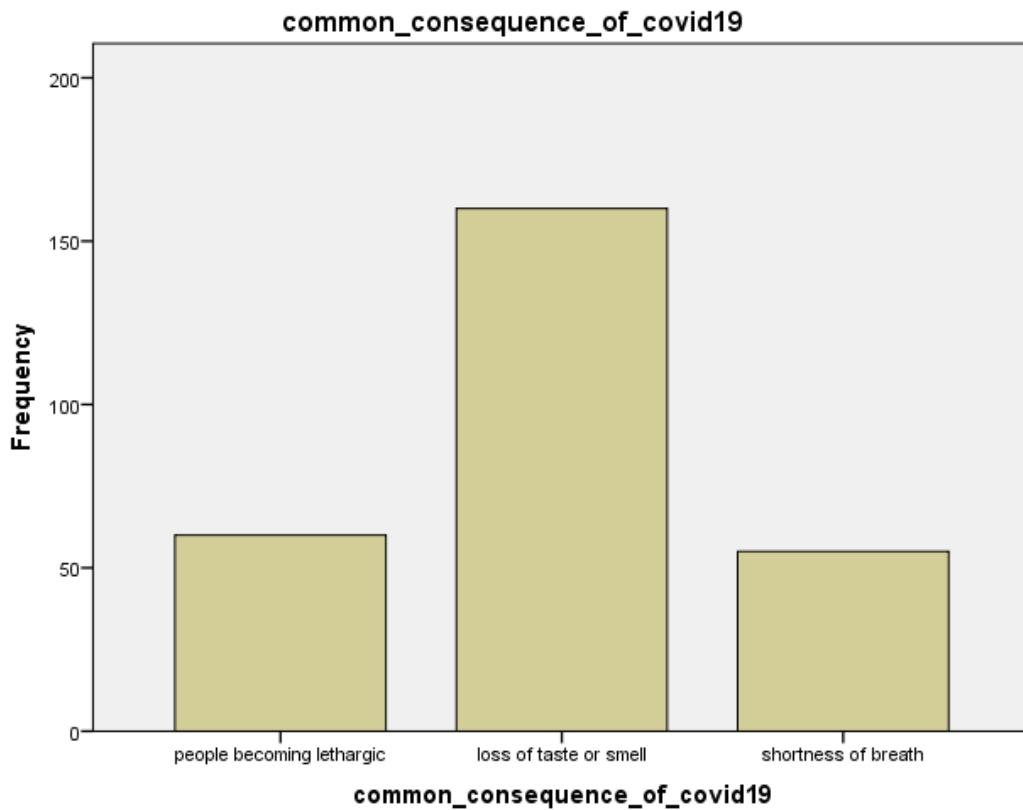


Figure 4.9 showing common consequences of COVID-19

Interpretation: The graph shows the most common consequences of COVID-19, and the most from these three is “loss of taste and smell”.

Table 4.10 DO YOU THINK THAT PEOPLE AFFECTED WITH CORONA DO NOT DISCLOSE THEIR ILLNESS?

disclose_their_illness

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	131	74.9	74.9	74.9
	No	44	25.1	25.1	100.0
	Total	175	100.0	100.0	

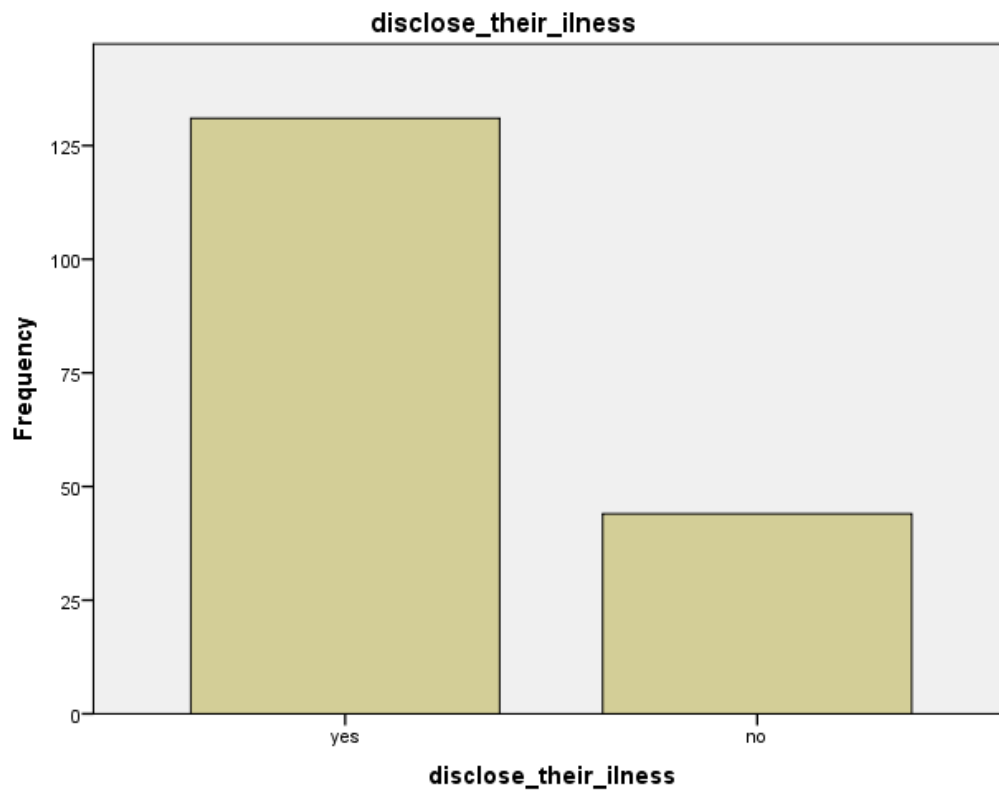


Figure 4.10 showing that do people hide being affected from COVID-19 or no

Interpretation:

When we asked about that do people hesitate from disclosing their illness, most of the people said yes because people are scared of telling they are COVID positive.

Table 4.11

WHAT DO YOU THINK PEOPLE MISS THE MOST ABOUT THE PRE-COVID LIFE?

pre_covid_life

	Frequency	Percent	Valid Percent	Cumulative Percent
social gatherings	105	38.2	38.2	38.2
moving freely without COVID-19 precautions	98	35.6	35.6	73.8
physical working	43	15.6	15.6	89.5
long market hours	29	10.5	10.5	100.0
Total	275	100.0	100.0	

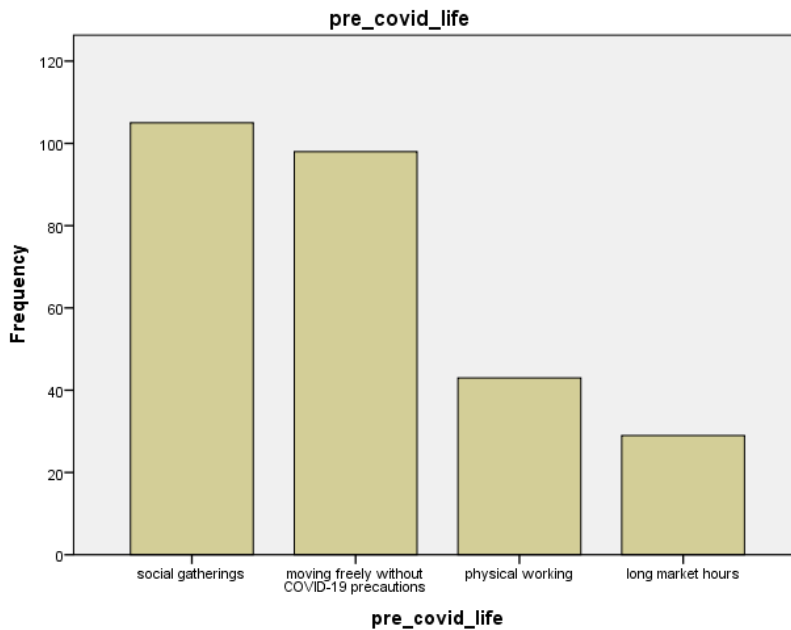


Figure 4.11 showing what people miss the most about pre-COVID life

Interpretation:The thing which people miss the most about pre COVID-19 life is social gatherings and then moving freely without COVID-19 precautions. And then some of them also said about physical working and long market hours.

Table 4.12

WAS IT MORE FEARFUL BEFORE GETTING COVID POSITIVE OR AFTER RECOVERY?

before_and_after_getting_covid_positive

	Frequency	Percent	Valid Percent	Cumulative Percent
Before	71	25.8	25.8	25.8
After	104	37.8	37.8	63.6
Both	100	36.4	36.4	100.0
Total	275	100.0	100.0	

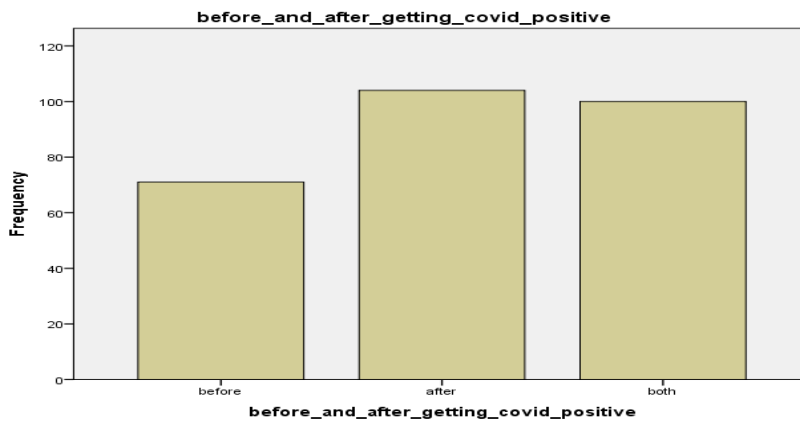


Figure 4.12 showing that was it more fearful before getting COVID positive or after recovery

Interpretation:

The bar graph illustrates that people are more afraid of CORONA after testing positive for COVID-19.

Table 4.13

WHAT HELPED YOU THE MOST TO RECOVER CORONA?

what_helped_from_recovering_from_corona

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Medicines	136	49.5	49.5	49.5
Quarantine	78	28.4	28.4	77.8
desi tips	61	22.2	22.2	100.0
Total	275	100.0	100.0	

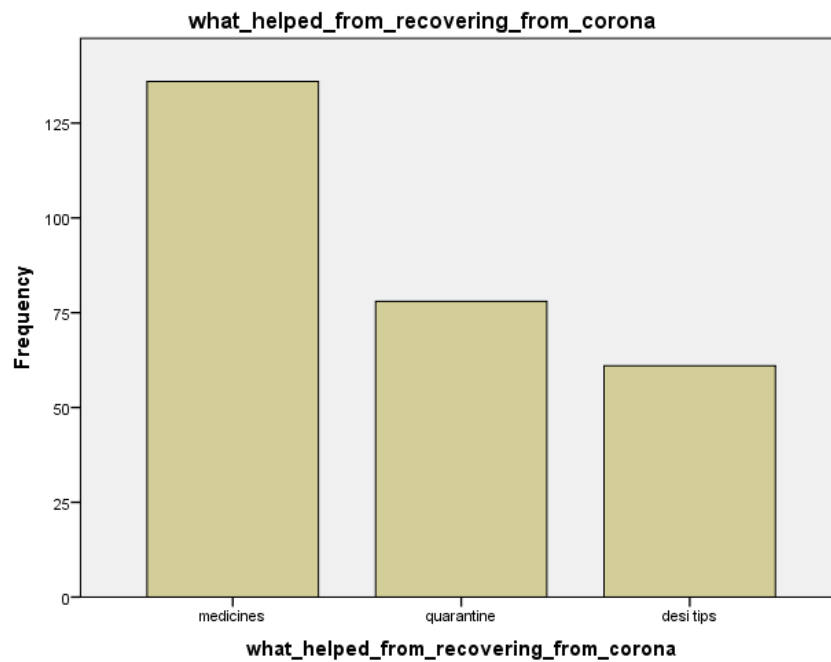


Figure 4.13 showing what helped the most from recovering COVID-19

Interpretation:

The graph shows that medicines helped that most from recovering from CORONA, then quarantine and then home remedies/desi tips.

TABLE 4.14

DID YOU FEEL DEPRESS WHILE SUFFERING FROM COVID-19?

Depression

	Frequency	Percent	Valid Percent	Cumulative Percent
mild symptoms	100	36.4	36.4	36.4
not at all	35	12.7	12.7	49.1
highly depressed	140	50.9	50.9	100.0
Total	275	100.0	100.0	

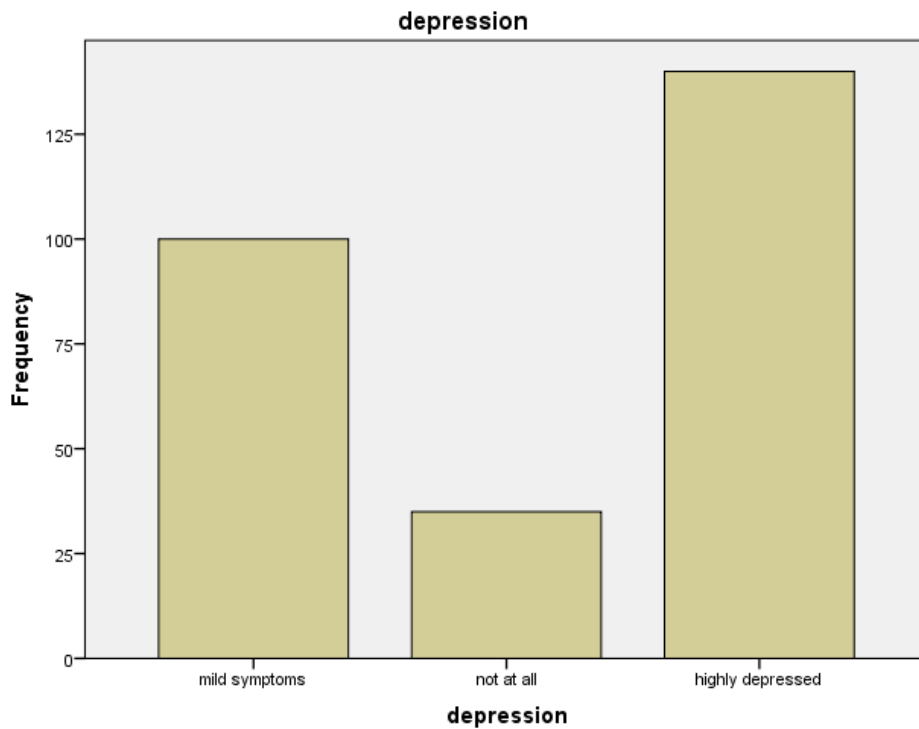


FIGURE 4.14 showing did you feel depress while suffering from COVID-19

Interpretation:

When asked about that do people feel depressed while suffering from CORONA, most of the people felt highly depressed as the bar graph shows other felt mild symptoms of depression

TABLE 4.15

OTHER THAN MENTAL HEALTH, WHICH OF THE FOLLOWING HAS BEEN AFFECTED THE MOST BY COVID-19?

what_has_been_affected_by_covid

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Education	149	54.2	54.2	54.2
physical health	98	35.6	35.6	89.8
social life	28	10.2	10.2	100.0
Total	275	100.0	100.0	

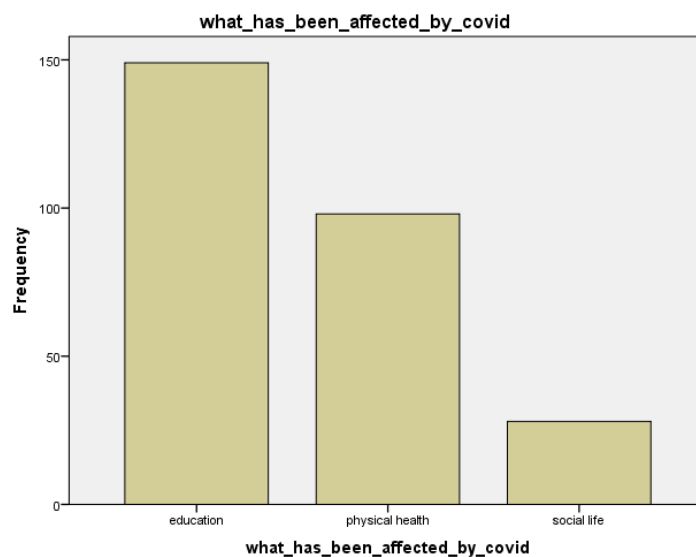


Figure 4.15 showing other than mental health, which of the following has been affected the most by COVID-19

Interpretation:

The above results of graph shows that education is highly affected due to COVID-19 after mental and after education physical health and social life.

Table 4.16

WERE YOU ADMITTED TO THE HOSPITAL IN THE PAST 14 DAYS?

admitted_to_hospital

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	39	14.2	14.2	14.2
	No	236	85.8	85.8	100.0
	Total	275	100.0	100.0	

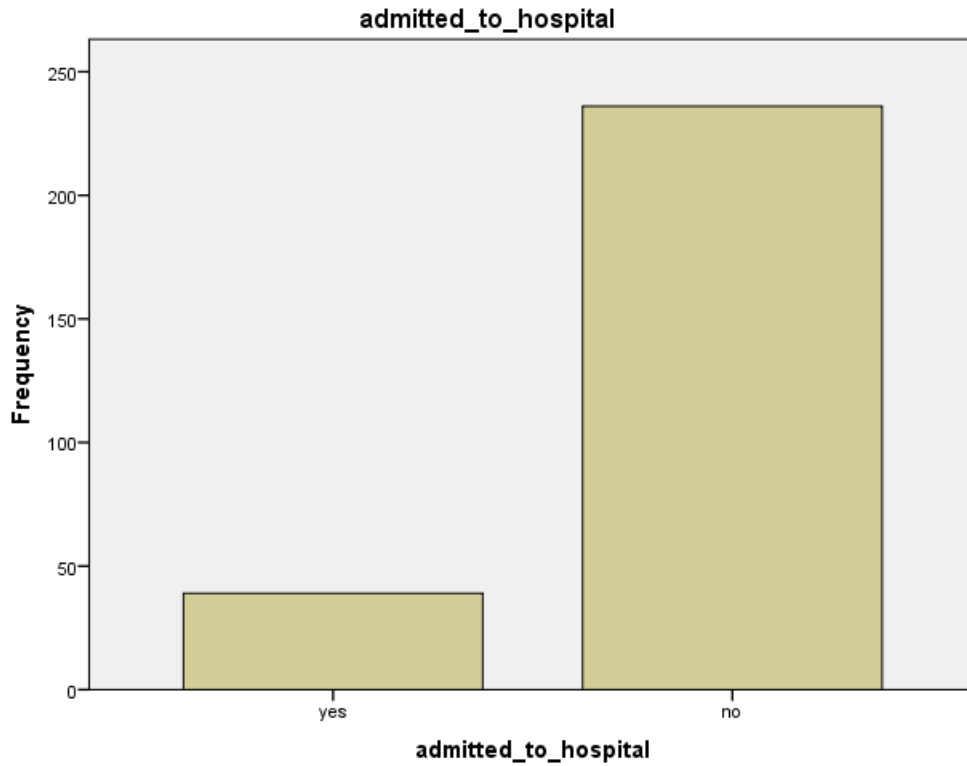


Figure 4.16 showing were you admitted to the hospital in the past 14 days

Interpretation:

When asked that whether people were admitted to the hospital in the past 14 days, most of the people said no.

Table 4.17

HOW DO YOU MAINLY OBTAIN HEALTH INFORMATION?

health_information

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Internet	172	62.5	62.5	62.5
	Television	83	30.2	30.2	92.7

Newspaper	19	6.9	6.9	99.6
Radio	1	.4	.4	100.0
Total	275	100.0	100.0	

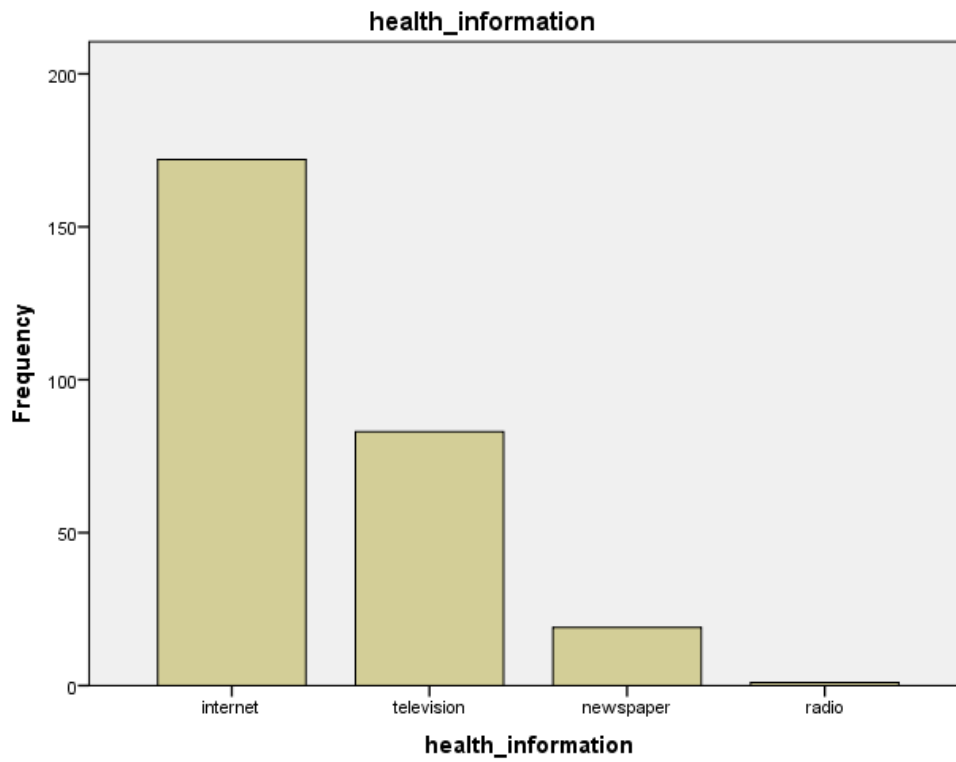


Figure 4.17 showing that how do mainly people obtain health information

Interpretation: The bar graph demonstrates that the majority of people get their health information via the internet, followed by television, newspapers, and finally radio.

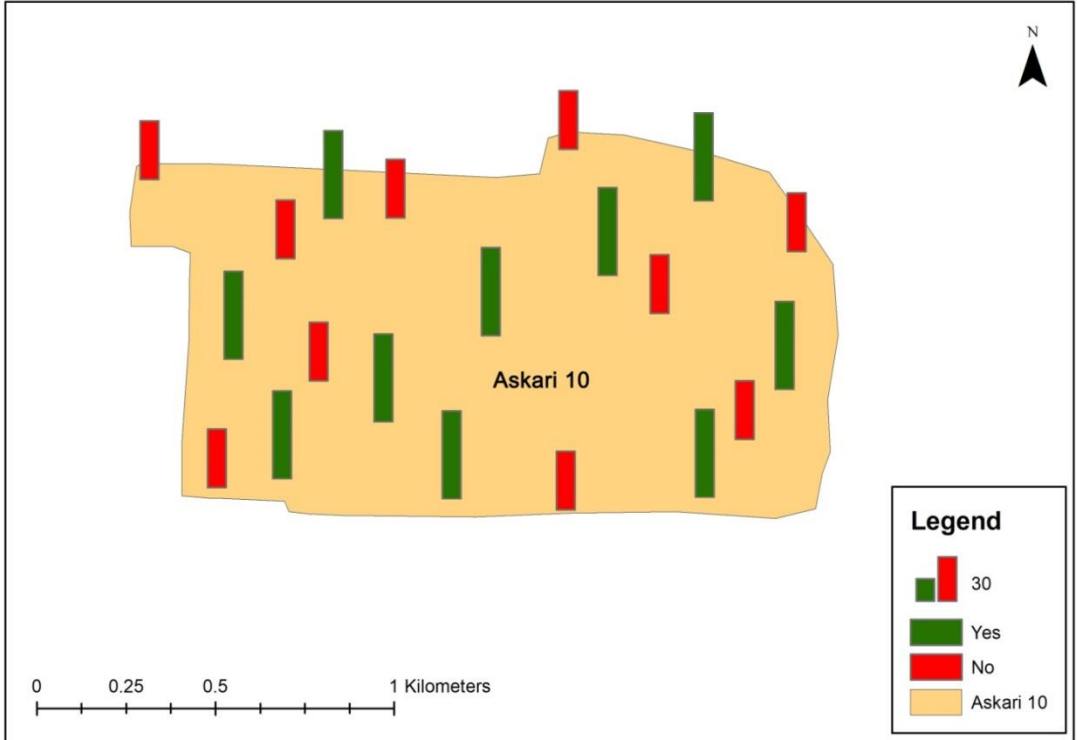
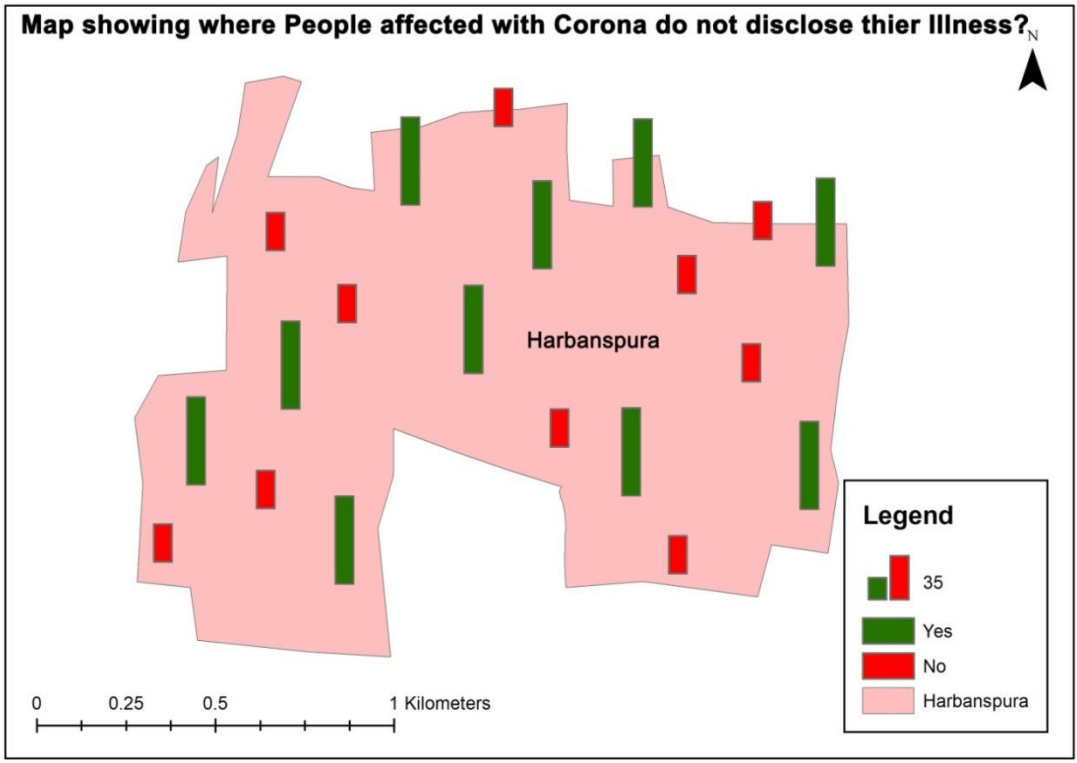


Figure 4.18

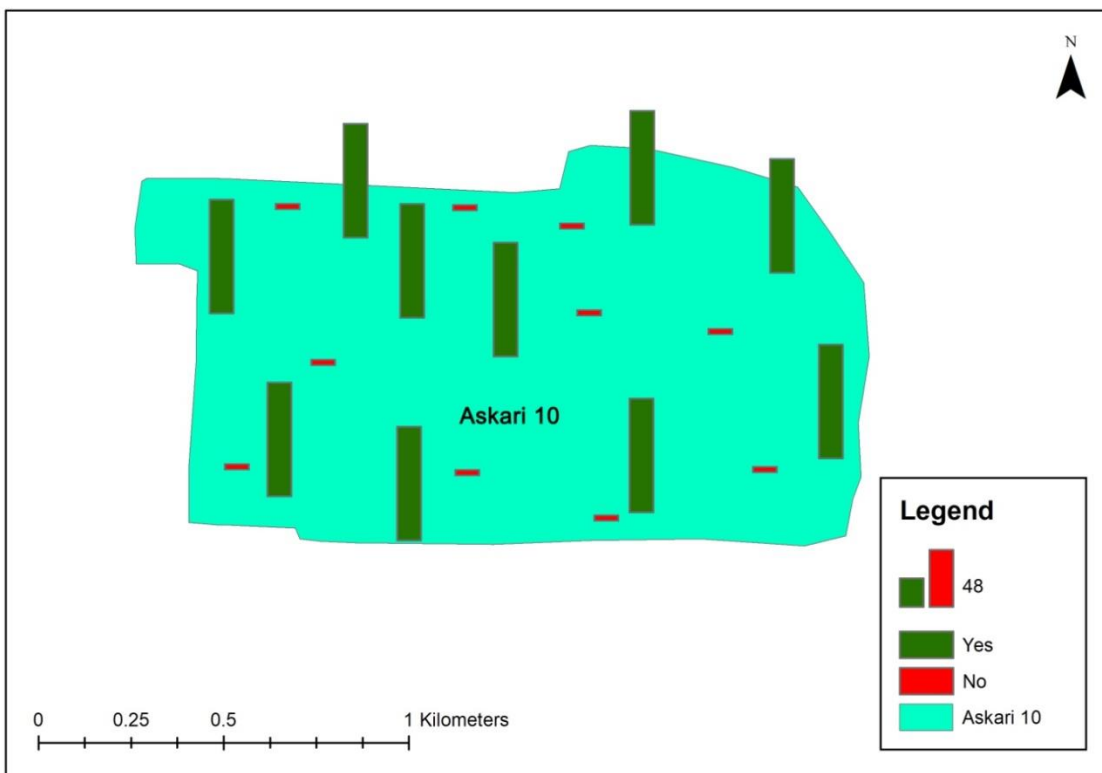
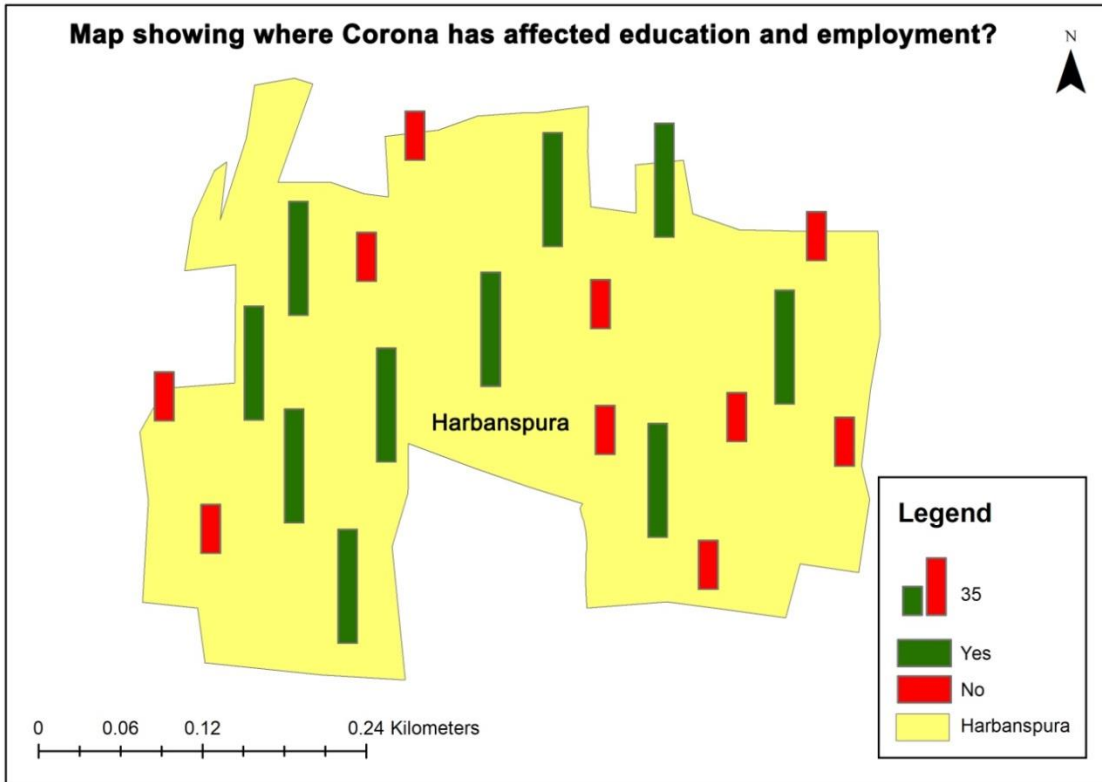


Figure 4.19

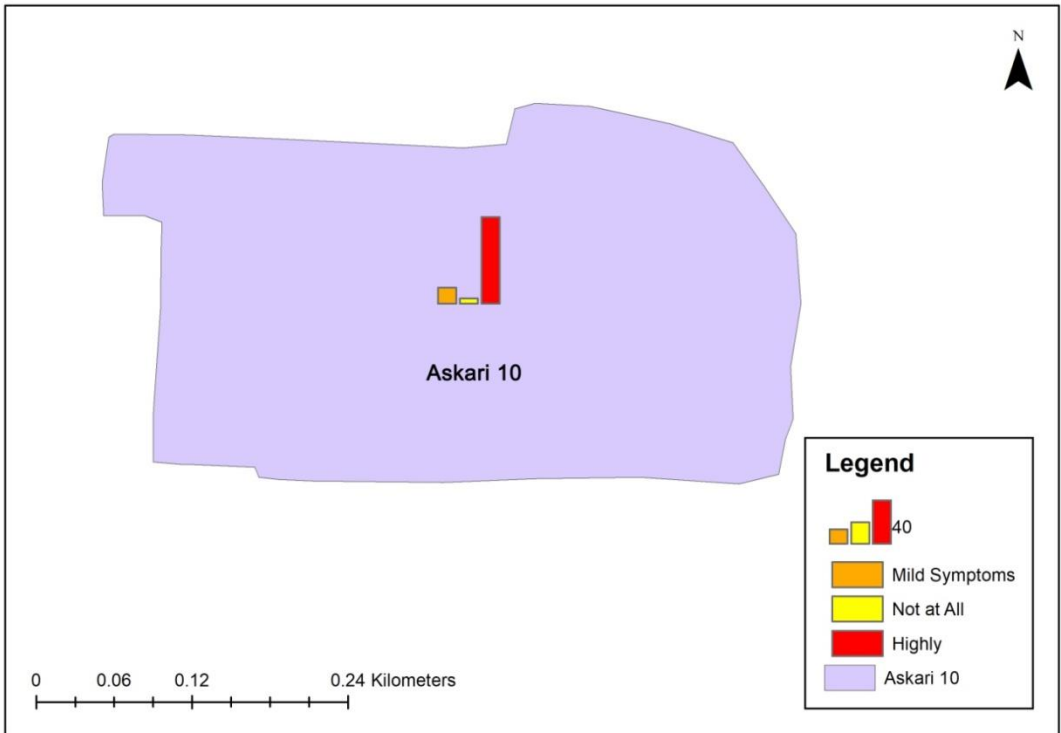
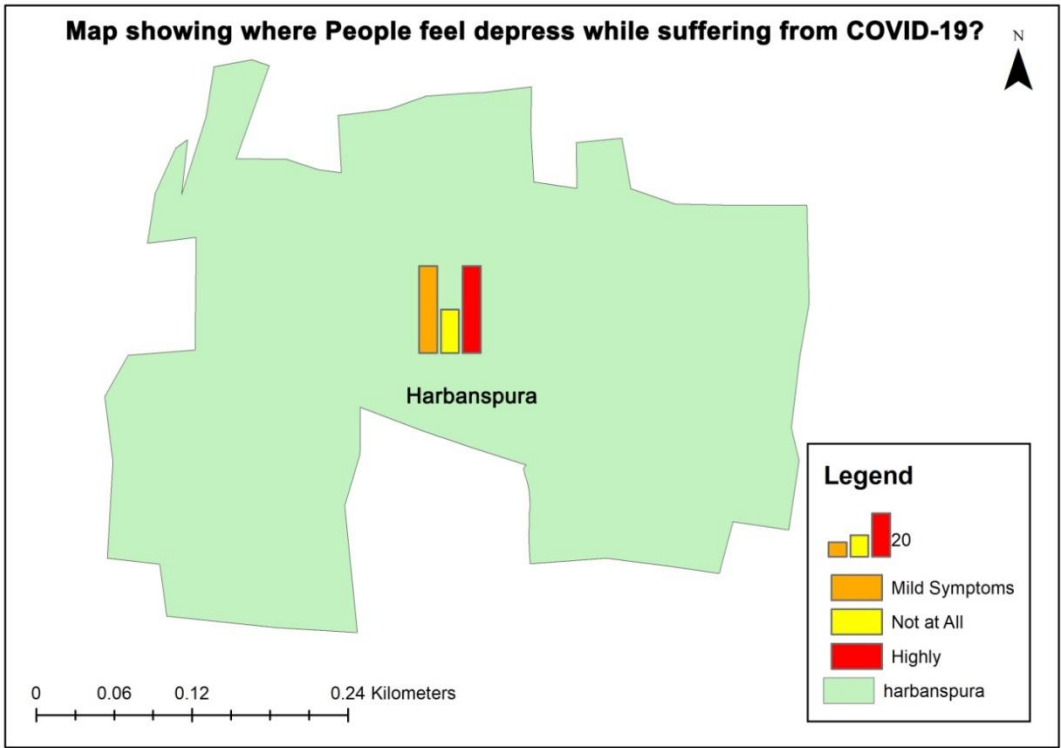


Figure 4.20

CHAPTER 5

DISCUSSION

In this research report, it is observed that people are mentally affected due to COVID-19. COVID-19 has been a fearful word since December 2019, when it started in China. As we conducted the survey through questionnaires, we can conclude that people went through traumatic conditions because of CORONA, due to different reasons which included, because of isolation, due to unprecedented condition and due to health deteriorating symptoms of COVID-19.

When we talk about that whether COVID-19 was more fearful for people before they suffered from it or after they suffered from, people gave mixed answers but many of them also think that it was fearful in both the conditions, especially for people who were above 50 age, because these people are so much affected physically as well, as their immune are also not so strong, they go through really bad physical conditions.

There are many consequences of COVID-19, but the most common as we predicted from people was 'loss of taste and smell'.

Moreover, one the most important part was that whether people affected with corona do not disclose their illness?

And it was a yes and reason behind it was that people are scared of others emotional comments, rather than people supporting them and giving well wishes they say comments which made people more sad and make them fear from death, people treat them as if they are going to die in some days. These types of comments really makes the person depressed and affects his/her

mental health.

COVID-19 made the people miss so many things in these 2.5 years, such as social gatherings, moving freely without COVID-19 precautions, physical working, and long market hours. Other than mental health CORONA has affected other things as well, which includes, education, physical health, social life.

As we conducted the survey under two areas of Lahore, Askari 10 and Harbanspura. What I concluded during the survey, I realized that the people living in Harbanspura do not take the CORONA VIRUS much seriously, maybe because they are not so much aware of it and are not so educated, they have a mind set that corona cannot kill them and they do not need to quarantine but then, when they suffered from it they got to know that it is something life taking and they need to take it more seriously.

Moreover I had an interview with a gynecologist, Doctor LubnaAzhar, regarding COVID 19 that did the pregnant women suffered with it, how they got recovered and what were their situation throughout.

She told that many pf the pregnant women got infected with COVID 19 and they used to become so tensed and worried because they had another life with them, however we treated them and non of them lost their baby or their own life die do COVID 19.

HYPOTHESIS

Null hypothesis:

Ho: People are not being mentally affected by COVID-19 pandemic due to isolation.

Alternative hypothesis:

H₁: people are being mentally affected by COVID-19 pandemic due to isolation.

Step 2

Level of significance 0.05%

Step 3

One-sample t test used

Mental_health

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Due to isolation	151	52.4	54.7	54.7
	Due to unprecedented	57	19.8	20.7	75.4
	Due to Heath	68	23.6	24.6	100.0
	Total	276	95.8	100.0	
Missing	System	12	4.2		
Total		288	100.0		

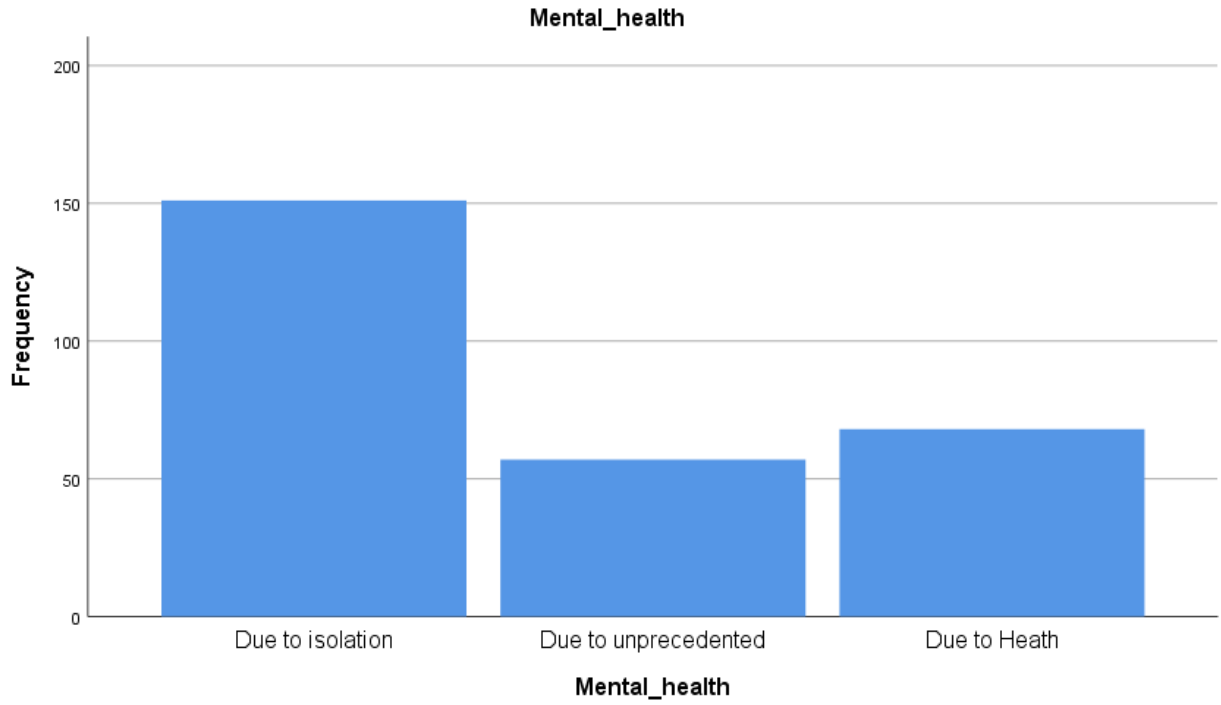
One-Sample Statistics

	N	Mean	Std. Deviation	Std. Error Mean
Mental_health	275	1.7091	.84734	.05110

One-Sample Test

Test Value = 0.05

	T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Mental_health	32.470	274	.000	1.65909	1.5585	1.7597



The bar chart above show that out of 275 people 151people weremenatally affected due to isolation and only 57 people were affected due to unprecedented condition. And almost 68 people chose due to health deteriorating symptoms ofCOVID-19.

CHAPTER 6

CONCLUSION

It is concluded that mental health of people is affected by COVID-19. Because it is has been such fear in our lives since 2 and half years. It took millions of lives; we have lost many beautiful relations due to this Corona virus. Moreover the fear pf staying away from our loved ones, when you are COVID-19 positive makes you more scared because it makes you think that it is going to take your life. People really need a covid free life now, and for that we need to protect ourselves and our environment and also, we need to follow the SOPs.

RECOMMENDATIONS

- Seek medical help right away if you have a fever, cough, or difficulty breathing.
- Take proper dose of vaccination.
- Even after receiving the vaccination, wearing masks, washing hands, and keeping a distance of 6 feet from others remain the cornerstones of COVID-19 prevention.
- Keep up with the newest COVID-19 information by reviewing WHO updates as well as national and local public health authorities.
- Make your environment safer.

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APPENDIX

QUESTIONNAIRE FOR RESEARCH OF B.Sc GEOGRAPHY

**TOPIC: Effects of corona pandemic on mental health of the residents of
Lahore**

A CASE STUDY OF ASKARI 10 AND HARBANSPURA, LAHORE

Questionnaire

1. Gender

- Male
- Female

2. Age:

- Below 18
- 18-30
- 31-50
- 50 above

3. What is your current status?

- Student
- Employed
- Unemployed

4. Have you suffered from COVID-19?

- Yes
- No

5. Did your family and friends support you during this?

- Yes
- No

6. Did it take long to come out of COVID trauma?

- Yes
- Not much
- No

7. Do you think that corona has affected education and employment?

- Yes
- No

8. Why do you think people are being mentally affected by COVID-19 pandemic?

- Due to isolation
- Due to unprecedented condition
- Due to health deteriorating symptoms of COVID-19

9. What is the most known/common consequences of COVID-19?

- People becoming lethargic

- Loss of taste or smell
- Shortness of breath

10. Do you think that people affected with Corona do not disclose their illness?

- Yes
- No

11. What do you think people miss the most about the pre COVID life?

- Social gatherings
- Moving freely without COVID-19 precautions
- Physical working
- Long market hours

12. Was it more fearful before getting covid positive or after recovery?

- Before
- After
- Both

13. What helped you the most to recover corona?

- Medicines
- Quarantine
- Desi tips/ home remedies

14. Did you feel depressed while suffering from COVID-19?

- Mild symptoms

- Not at all
- Highly depressed

15. Other than mental health, which of the following has been affected the most by COVID-19?

- Mental health
- Physical health
- Social life

16. Were you admitted to the hospital in the past 14 days?

- No
- Yes

17. How do you mainly obtain health information?

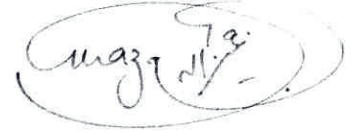
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- Television
- Radio
- Newspaper

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