

# SYSTEMATIC REVIEW ON THE RELATIONSHIP AMONG COVID 19 AND ANXIETY

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## ***Abstract***

*The existing pandemic of COVID-19 has developed an unimaginable, socially hostile climate for citizens. Against the context of this exogenous shock, we analysed the relationship between risk-taking, trait resilience and state anxiety, under which the relationship between trait resilience and risk-taking moderates with state anxiety during the pandemic, and using the principle of combined prospects. In a survey of 515 people in the U.S. we test risk taking by means of a comporment assessed and evaluate trait anxiety, five main characteristics and other demographics. Study of a regression showed that age moderates the correlation between risk and anxiety and that highly resilient, risk-tolerant people have lower anxiety than less resilient people. In the other hand, older people with a higher longevity, are less prone to threats than their younger and least resilient opposites. Studies are minimal and further research is proposed.*

***Keywords: Pandemic. Anxiety, COVID 19, Stress***

## **BACKGROUND**

2019 The latest coronavirus, known as SSR-COV-2 is the causative agent of 2019 coronavirus disease coronavirus. SSR-COV-2 (COVID-19). On the 30th January 2020, the epidemic was declared an international public health emergency (PHEIC) since then and more than 11 million cases have been registered, with a total of 530,000 deaths. The overall COVID-19 cases were 451.129 in Africa, while 10.928 were killed. The low COVID-18

cases could be under-reported in Nigeria due to inadequate testing capacity.<sup>5</sup> SARS-CoV-2 is transmitted from sneezing, coughing, and voice via droplet aerosol. Some transmitting methods involve polluted surfaces and interactions between persons<sup>1-3</sup>. The above listed routes allow the virus to spread inside the population quickly from person to person. Overcrowding, shortage of insulation infrastructure, and environmental pollution are the reasons responsible for the transmission of the disease. Failure to be aware of COVID-19 preventive action may also help to lift COVID-19 among HCWs. In the battle against COVID-19, health employees are at the forefront. This raises their chance of contamination with SARS-CoV-2<sup>4-7</sup>. HCWs may be contaminated and spread from the population to susceptible individuals, in addition to the acquiring hospital or nosocomial infections. HCWs who get infected can also lead their friends and family members to get infected. As COVID-19 has recently become available, the government and stakeholders lack forward-looking information that addresses the need of HCWs to respond to the proliferation of SARS-CoV-2 in a competent and efficient manner<sup>8-10</sup>.

## **COVID AND ANXIETY**

COVID-19 has developed an unparalleled socially dangerous climate with the resulting global pandemic and the adverse mental health effects of the virus will undoubtedly endure for some time. For example, the latest COVID-19 pandemic and similar outbreaks now indicate that owing to the virus and its economic and psychological effects, "schizophrenia, angst, depression and acute stress disorders have occurred among health personnel as well as in the public." However, some people were influenced differently by the COVID-19 crisis. In fact, the "high risk" of having a negative and often sometimes lethal impact from the virus is seen in elderly adults or those with pre-existing conditions (CDC, 2020)<sup>11-13</sup>. Have increased physical risks lead to stronger impacts on the mindset of older people? In the present research, we study potential characteristics and human variations, including trait resilience, in order to explain how they reduce the consequences of pandemics. Overall, we investigate the relationship between the state fear and the interaction of trait resilience and risk-taking behaviour. We outline a sequence of theories focused on the principle of combined perspectives<sup>14-17</sup>. The 2019 coronavirus pandemic (COVID-19) due to the recently emerging acute coronavirus 2 (SARS-CoV-2) syndrome has changed people's relationships dramatically. In order to deter the virus transmission, policymakers worldwide have taken

psychosocial and economic steps (for example, quarantining, the use of a defensive mask, the initiation of social locks). The Covid pandemic and the steps taken have been shown to be rising the incidence of existing psychiatric conditions and to induce new symptoms in people without previous disabilities. The seriousness of this pandemic has led imminent research into its psychological consequences, in particular possible psychological effects that can impact emotional well-being and potential strategies for dealing with its effects<sup>18-20</sup>.

Analysis has shown that people can react differently to stressful experiences such as this pandemic emotional distress. The literature proposes, for example, the resilience of the individual to cope with the psychological consequences, like the Covid pandemic, of stressful incidents. Therefore, the advancement of theory in this particular area is critical not least to give individuals and healthcare professionals much-needed perspectives on how to reduce the impacts of the current and potential future pandemics on mental health<sup>21</sup>.

## **ANXIETY AND STRESS**

COVID-19 may be used as a stressor that caused a high degree of anxiety in epidemic people. It is necessary to understand the psyche factors which predict anxiety to respond to these phenomena because this results in clinically significant anxiety for a certain number of people. The key aim of our research was thus to study the multiple factors linked to anxiety with coronaviruses<sup>22</sup>. We decided, in addition, to look at how members of the public in Poland viewed various facets of COVID-19, their attitudes and opinions on COVID-19, as well as precautionary measures and sources of knowledge on COVID-19. In populations worldwide the latest coronavirus (COVID-19) poses a significant threat to physical health. Many countries had adopted forced locking and social removal steps to restrict the spread of COVID-19, which involved only leaving their home for food, wellbeing and jobs in the UK if citizens did not work from home. While such preventative actions may be beneficial for disease dissemination, their consequences on psychological stability can be detrimental, with the impact of social distance and lock-out – including improvements to daily activity and functioning. Indeed, evolving United Kingdom data suggests that anxiety and stress levels are high relative to pre-pandemic levels, consistent with other nations' evidence<sup>23</sup>.

## DISCUSSION

In Wuhan, China, at the end of 2019 the pandemic of new coronavirus (Covid-19) was thought to have been born in a wetland market. The pandemic of COVID-19 is close to the extreme respiratory syndrome (SARS) in 2003, which was caused by another coronavirus. While the causes of the disease are contagious across multiple clinical presentations, their epidemiological characteristics, their rapid dissemination and their ineffective preparation to cope with the disease outbreaks are identical. On 3 July 2020, a total of 11.018.636 confirmed laboratory cases of COVID-19 and 524.825 deaths were reported by the World Health Organisation. Poland was no exception and many people died (35,405 total cases and 1507 total deaths as of 3rd July 2020; WHO, 2020). Owing to the severity of the situation and absence of any unique COVID-19 Vaccine, the worldwide intervention to mitigate the danger of transmissions has so far focused on finding, treating and isolating people with the illness and reminding the public of how they should do so<sup>23</sup>. Increased pandemic anxiety and depression as well as attempts to minimise its dissemination may have detrimental effects on other facets of mental wellbeing, such as the symptomatology of eating disorder<sup>24-27</sup>. The pandemic could even risk the body's picture even though this has not yet been tested. In some pre-pandemic studies, particularly with under-graduate samples, there was definitely evidence that perceived stress and traumatic life experiences were correlated with increased dissent in the body (i.e. an evaluation of a person's stress triggered by environmental conditions). Factor anxiety has likewise been shown to be greatly correlated with organic frustration, regardless of perceived tension, in women. A difference of a willingness to fear has been established in women.

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