

RTP108

Impacts of the Pandemic on our Physical and Mental Health

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Abstract

A thorough examination and discussion of the COVID-19 pandemic's complex effects on medical facilities and the general well-being of the population, including mental health, access to care, and socioeconomic disparities, are necessary due to the significant global effects it has had on various facets of public health. This paper highlights all those adverse effects and suggests a brief discussion on how to overcome these negative impacts.

Keywords: Impacts of covid-19, mental health issues, physical problems, depression.

Prelude: Obesity - Getting fat or inviting death?

The Covid-19 not only took lives, it changed our lives forever. It brought in other diseases and effects of lockdown. Let's see some of what happened.

Obesity was always a problem long before the pandemic. Approximately 70 percent of Americans are either obese or overweight. According to (Donald Hensrud, 2020), from the Healthy Living Program, Mayo Clinic answered a question about "Why has obesity occurred more during this pandemic?" He stated that it increased even more because of gyms shutting down and people working from home resulting in an overall decrease in movement. Why is it scary? According to DW news 2020, Obesity nearly doubles the risk of dying from COVID by 400,000 individuals, based on a report from The University of North Carolina that analyzed 75 research from around the globe. The World Health Organization has gone as far as to call this an epidemic in and of itself."

Depression - Too less space to be happy

A limited space. No wonder there has been 25% of depression cases during the Covid-19 pandemic, as stated by the World Health Organization - WHO (2022). Now, why did it happen? Because we were isolated from the outside world, suffering from the death of loved ones and facing perpetual risk of infection. Work was not being done as there was less encouragement. Even many health workers became suicidal with all this negative energy around them. CNBC (2021) reported that rate tripled from 8 to 28% to 32% by 2021 according to The Largest Regional Health, a Boston University journal. Online counseling was not possible due to lack of resources. Mental health services were disrupted. So next time we see someone feeling a lack of pleasure and worthiness, sleep issues and suicidal, let's not ignore it.



Figure 1: ADHD: A Curse towards children and Adolescents due to Covid-19 pandemic.

Attention deficit hyperactivity disorder (ADHD) is a mental illness that is mostly suffered by children and adolescents. An ADHD patient finds it difficult to concentrate for a long period of time, reacts impulsively and becomes restless. There are a lot of causes behind ADHD and unfortunately, the overuse of social media is one of them (Ra, et al., 2018). Research states that almost 84% of teens use social media and 62% of them use social media everyday (Monroe).

Due to Covid-19 teens and even young children spent more time on the internet than ever. As a result the number of ADHD patients within the age of 10-18 increased by 27.5% due to the pandemic (Werling et al.,2021).



Figure 2: Source: Image taken from Children's Health Council)

Was it all bad?

Despite all the negativity of the pandemic, lifestyle has improved for many others. People got their chances to take a break from their monotonous life and discovered or even got back to recreational activities. Hence, It caused drastic popularity of music, drawing and other forms of art. Hygiene practice was also introduced among many underprivileged people and widely practiced among the greater mass. As much as pandemic has caused unemployment issues, it also created many e-business and start-up opportunities as well. It proved work becomes efficient when done in familiar places. Also proving that mental health is a much needed asset in your professional life. Mental and physical health improved somewhat for the mass population. Improved family bonding due to being home more. The massive outbreak of post-pandemic disorders and the negligence towards it. (Werling,2021).

WHAT TO DO?

Somehow, the world is getting fat, upset and agitated. Everyone plays a role. We are responsible because we make our own diet and lifestyle choices. However, sales and research show it is the focus on taste, convenience and cost; that's what drives us. The sellers use that. And the result? We are obese. We are spending time inside walls and now? We are depressed. What we need is the industry providing us with honest product information. We need the government to promote counseling and activities to bring us back to who we were before a word changed our life. (Gramlich,2023).

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Authors' Biography:

Faria Alam is majoring in Electrical and Electronics Engineering from the BRAC University. A girl-next-door who is passionate about reading, writing and dancing, she has always dreamt of being a teacher. Writing this piece came from a personal interest about the whole COVID-19 lockdown situation.





Abrar Jahin Adib is majoring in Computer Science and Engineering from the BRAC University. A simple guy who loves playing video games, reading thrillers and comics and watching movies and series, his goal in life has always been to be a software engineer. Getting involved in the paper evolved from his love of writing and the curiosity of knowing how life was then.

Muhtasim Sanaan Novo, a student at Brac University who is presently pursuing a bachelor's degree in economics. He believes it has been a pleasure to write this piece, and he is grateful to have learnt a lot of new things while writing the essay, and he appreciates the excellent group members who supported him along the way.



Risat Jamil Chowdhury is currently pursuing Computer Science Engineering at Brac University. A person with hobbies like debating, cricket and football he is currently studying to live his dream of being a software engineer. A man driven by emotions and passion, he has thoroughly enjoyed his experience of researching and writing on something everyone went through to some extent.

Jamimur Rahman Patwary is doing his Bachelor's in the EEE department of BRAC University. A man with interesting interests such as biomedical engineering, documentary production, and telling really great stories, he chose his field to help people on a larger scale both directly and indirectly. With his past achievements of winning science fairs and doing start-up competitions, he is now dreaming to be a successful engineer.

