

Home or a Prison?: Impact of the COVID-19 on Human lives

The toll that the COVID-19 pandemic had on the mental health of millions of people was enormous. Studies suggested that within three months of testing positive for COVID-19, about 20% of people were reportedly diagnosed with psychiatric disorders, including anxiety, depression, or insomnia. [1]

The start of the lockdown gave people working desk jobs a breather from their daily fast-moving lives and a chance to take a break from their hectic working environment. As time progressed and days changed into weeks and weeks changed into months, the roots of unease had gotten planted in almost every household. Noting how the businesses suffered a huge blow with the shutting down of countless shops, stores, family-owned restaurants, etc., the panic of financial struggle settled in.

During this hard time, people found an escape and comfort in the multiverse of TikTok, Instagram, YouTube, Twitter, etc. The spike in the users from all over the world brought in profits for streaming platforms like Netflix, HBO, Amazon Prime, etc., and online meeting platforms like ZOOM, Google Meet, etc. The entertainment and theatrical industry took a huge hit as cinemas and theaters around the world closed down.

The uncertainty of the future and the frustration of the situation gave way to a spike in depression and other various psychiatric disorders over the world. The need to socialize and get out of their homes, which now seemed like prisons, drove people into a frenzy. The sudden onset of the lockdown had separated a large number of people from their families or loved ones and also served as a factor in the impact that the pandemic had on their mental wellbeing. The pandemic resulted in shortages of everyday items like toilet paper, diapers, etc.

The start of relaxation of the lockdown all over the world in late 2021 gave several people an out from the four-walled box they once called home. Several people noted the effect the self-isolation period had on their one-on-one communication and socializing skills.

Even though the connection between pandemics and mental health has been extensively studied, more research is still required to properly comprehend the causes and treatments. Researchers are still investigating how COVID-19 impacts the brain and central nervous system to ascertain how much that influences getting a diagnosis as opposed to the trauma of experiencing symptoms and, in some cases, nearly escaping death.

[1]

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30462-4/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30462-4/fulltext)

