

## **Study the Mental health of the COVID responders and their family's members and their coping mechanism.**

### **Abstract**

The proposed study would Understand the stress level of the COVID warriors while catering COVID-19 positive people , Mapping metal health status of the family's members of COVID warriors and documents strategies used to overcome mental stress, Documents best practices of the organization who providing psychological support during COVID-19 to the COVID warriors and will understand the changes in the health behaviours of the COVID warriors while working on disaster.

### **Introduction of the proposed study**

The COVID-19 is highly contagious and respiratory disease and spreading very fast and the breaking the spreading chain of the COVID-19 is only through restricted mobility of the infected and non-infected people. To protract people and treat infected people of COVID-19 there is requirement of work of some profession like health worker, police and humanitarians help worker (COVID warriors) during this disaster. There are studies on the post- traumatic stress disorder (PTSD) but most of studies are on disasters, not on a contagious disease like COVID-19.

Occupations requiring employees to respond to a disaster, whether natural or technological, can clearly expose such people to traumatic events that would generally be outside the range of ordinary human experience. Yet few studies provide much empirical data suggesting that a significant proportion of protective service workers in fact report suffering from post-traumatic stress disorder because of their participation in disaster relief activities. Most of study on mental health of disaster are documents the PTSD impact on the disaster affected people but not on helping profession during disaster. The proposed study is looking the status of the mental health of the helping profession where high risk and high chance of the affected and infected people of the COVID-19. The proposed study also looking the status of the mental health of the family members of the helping profession those are working on high risk during disaster.

During any disaster intervention whether disaster imposed by natural forces and/or man-made action first response is designing plan of action by taking consideration of the emotional impact on the people. When training given to the helping or response team on disaster more focus on the potential for injury that is inherent in rescue and recovery operation. During training on disaster by the government to the response team there is less training on how to deal with mental trauma while working on disaster site

### **Statement of research problem (approx. 200 words)**

The COVID-19 is highly contagious and respiratory disease and spreading very fast and the breaking the spreading chain of the COVID-19 is only through restricted mobility of the infected and non-infected people. To protect people and treat infected people of COVID-19 there is requirement of work of some profession like health worker, police and humanitarians help worker (COVID warriors) during this disaster. This study will review the stress level and coping mechanisms of the care providers

### **Objectives of the Proposed Study (approx. 100 words)**

The purpose of the study is to investigate empirically the changes in mental health of the COVID-19 warriors. To understand the changes in mental health of the individual first understand the mental health before COVID-19 and after COVID-19 through the use of a standardized interview schedule. Through the interview schedule indexing mental health stress and examining its relationship with socioeconomic status. To maintaining stable mental health during disaster, require support from the family members the part of the interview schedule also documents the support from the family members and their strategies will be documents. When a head of the family or members of the family working in high risk during providing help it is also effect on mental health of the family members this will be documents through separate interview schedule. In this interview schedule more focus on the stress level of the family members and which coping mechanism apply to maintaining stable mental health. There are various organization providing mental health support to the COVID-19 warriors through this study documents the organization efforts for providing psychological support through case studied methods. The multi stages random sample of individuals from the household of the COVID-19 warriors from Mumbai and rural parts of the Palghar district. To generalizing the research study the sample size will

be taken as a 10 per cent of the total COVID-19 warriors household from Mumbai and Palghar district of Maharashtra. To document the support provide by the family will be documents by in depth interview from the family members and develop relation with their social economic status of the family.

Framework and Methods proposed for research (approx. 300 words)

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