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Impact of Covid-19 Pandemic on Lonliness and Anxiety of people in Philadelphia, United states of America.

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Abstract:
The COVID-19 pandemic has posed unprecedented stress to young people. Despite recent speculative suggestions of poorer mental health in young people in India since the start of the pandemic, there have been no systematic efforts to measure these. Here we report on the content of worries of Indian adolescents and identify groups of young people who may be particularly vulnerable to negative emotions along with reporting on the impact of corona virus on their lives. 353 people reported on their personal experiences of being infected by the corona virus, the impact of the pandemic and its' restrictions across life domains, their top worries, social restrictions, and levels of negative affect and anhedonia. Findings showed that most participants had no personal experience (97.41%) or knew anyone (82.58%) with COVID-19, yet endorsed moderate-to-severe impact of COVID-19 on their academics, social life, and work. These impacts in turn associated with negative effect. Participants' top worries focused on academic attainments, social and recreational activities, and physical health. More females than males worried about academic attainment and physical health while more males worried about social and recreational activities. Thus, Indian adolescents report significant impact of the pandemic on various aspects of their life and are particularly worried about academic attainments, social and recreational activities and physical health. These findings call for a need to ensure provisions and access to digital education and medical care.

Introduction:
COVID-19 pandemic had vast effect on the physical and mental health of the people across the globe. More ever in this historic situation of pandemic where each age group was affected. Especially people were more affected physiologically in this situation. They have experienced a surge in loneliness & anxiety. As an emotional symptoms in many people which can lead to be associated with many serious mental health outcomes including suicide, long-term physical health consequences, and significant healthcare burden. The effect of COVID-19 on people's mental health could be more damaging in the longer time than the infection itself. Measuring early signs of mental health challenges such as worries and negative emotions in people is thus an urgent priority for researchers as well as stake holders, including identifying those most vulnerable to mental health difficulties. This information is useful for not only for people of America but also for the whole world dedicated to mental health may benefit more from early forecasts of these needs.

Study Objective:

This study emphasis on the number of respondents who experienced a clinically significant change in there psychological health's levels in outbreak assessment or significant levels of COVID-19- related traumatic distress.

Materials and Methods:

The present study was carried out at Kirkbride centre America, Pennsylvania, Philadelphia, United States of America PA, 19139 USA. Where large group of people of different age group are assessed with the help of questionnaire through goggle form. The survey of 353 sample was conducted to study the impact of COVID – 19 Pandemic on mental health Loneliness and Anxiety of individuals who were tested positive and also those who were not tested positive.

- **Data Collection based on Gender**

		sex	Anxiety	No Anxiety	Loneliness	No loneliness
	108	Female	15%	16%	7%	24%
	245	Male	33%	36%	13%	56%
Total	353	Mean	24.00%	26.00%	10.00%	40.00%
		Standard deviation	0.11	0.12	0.21	0.22
		variance	0.0121	0.0144	0.0441	0.0484
		n	2	2	2	2
		t test	0.18		0.21	

- **Data Collection based on different Age groups**

	Total	Age Grp	Anxiety	No Anxiety	Loneliness	No loneliness
	78	21 - 30	8%	14%	3%	19%
	103	31 - 40	11%	18%	3%	26%
	82	41 - 50	13%	10%	5%	18%
	50	51 - 60	7%	8%	3%	12%
	40	61 - 70	6%	5%	5%	6%
Total	353	Mean	9%	11%	4%	16%
		Standard deviation	0.02	0.05	0.01	0.07
		variance	0.0004	0.0025	0.0001	0.0056
		n	5	5	5	5
		Ttest	0.15		0.87	

- **Data Collection based on different Races groups**

Total	Races	Anxiety	No Anxiety	Loneliness	No loneliness
13	Asian	3%	14%	0	3%
120	Black	14%	20%	6%	28%
199	Caucasian	10%	46%	13%	43%
21	Hispanic	2%	5%	0.84%	5%
353	Mean	7%	21%	5%	20%
	Standard deviation	0.05	0.17	0.05	0.19
	variance	0.0032	0.0289	0.0025	0.0361
	n	4	4	4	4
	Ttest	0.57		0.1	

Table.1. Details of survey conducted in tabular form.

The age group of samples was 18 and above. Out of 353 samples, 108 were females and 245 males. 191 were negative and 153 were positive. Further, 13 samples were Asians, 121 blacks, 199 Caucasians, and 20 Hispanics.

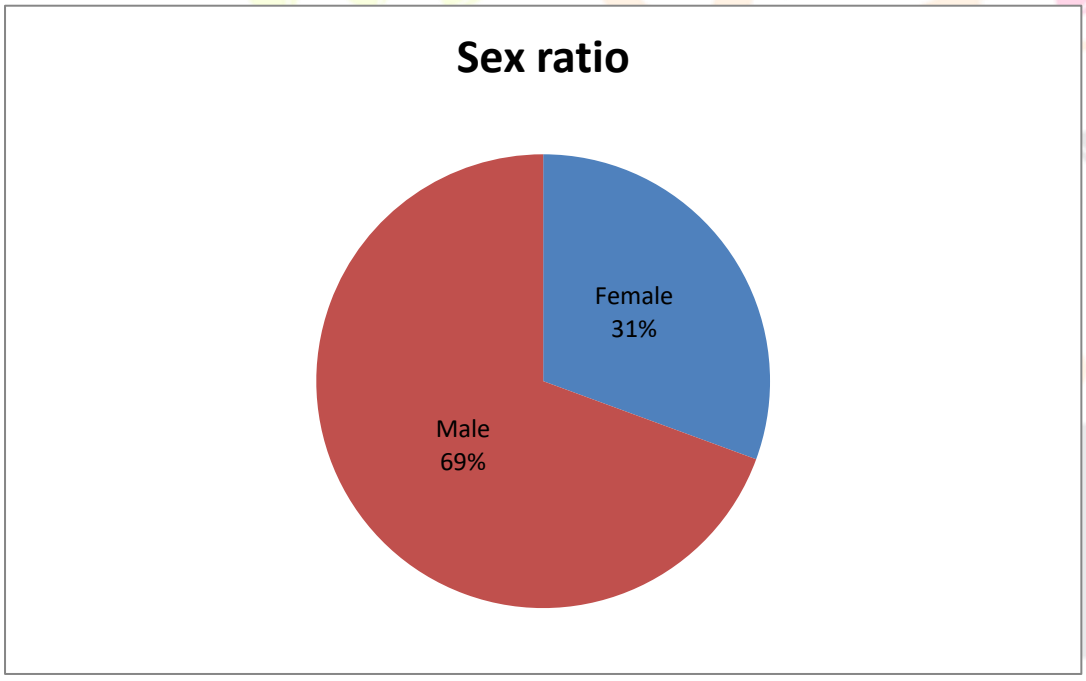

Fig. 1. Population took part in survey.

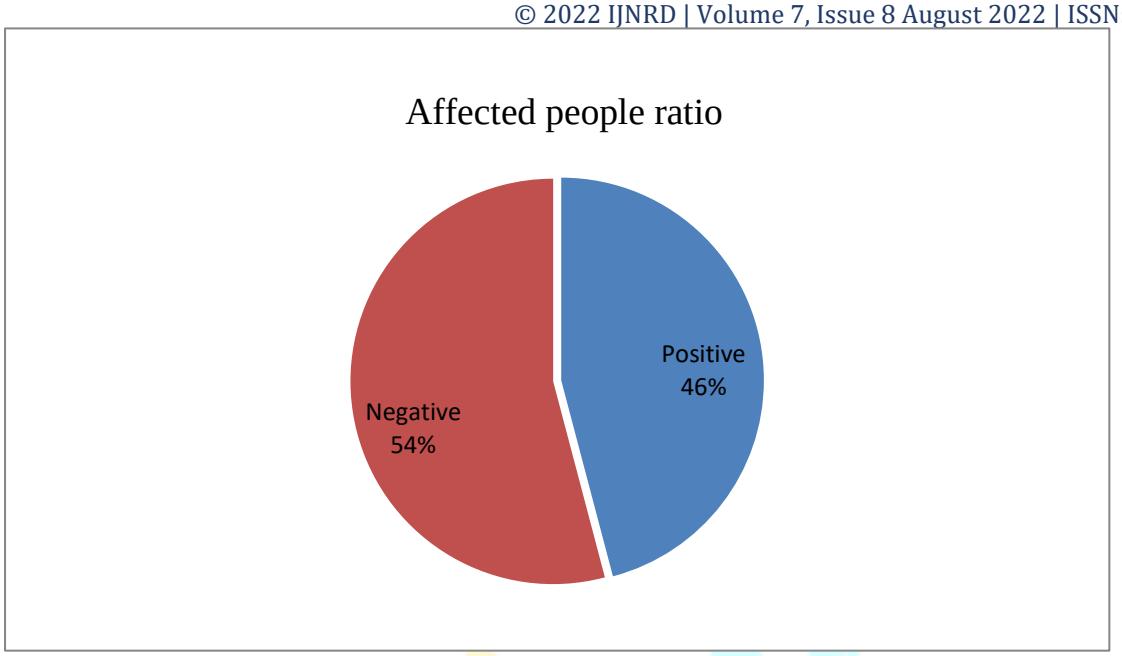

Fig. 2. Reports of people.

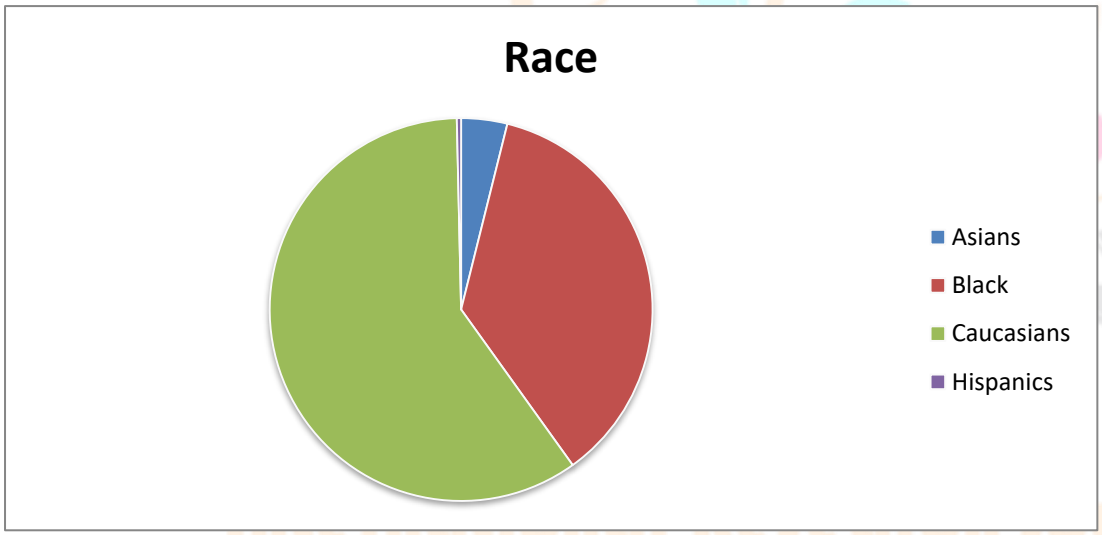

Fig. 3. Races of people who participated in survey.

Results and discussion:

The 171 reported that they did not experience stress and182 reported that they experienced stress. The 195 reported that they did not experience anxiety and 158 reported that they experienced anxiety. The 285 reported that they did not experience depression and 68 reported that they experienced depression. The 284 reported that they did not experience loneliness and 69 reported that they experienced loneliness.

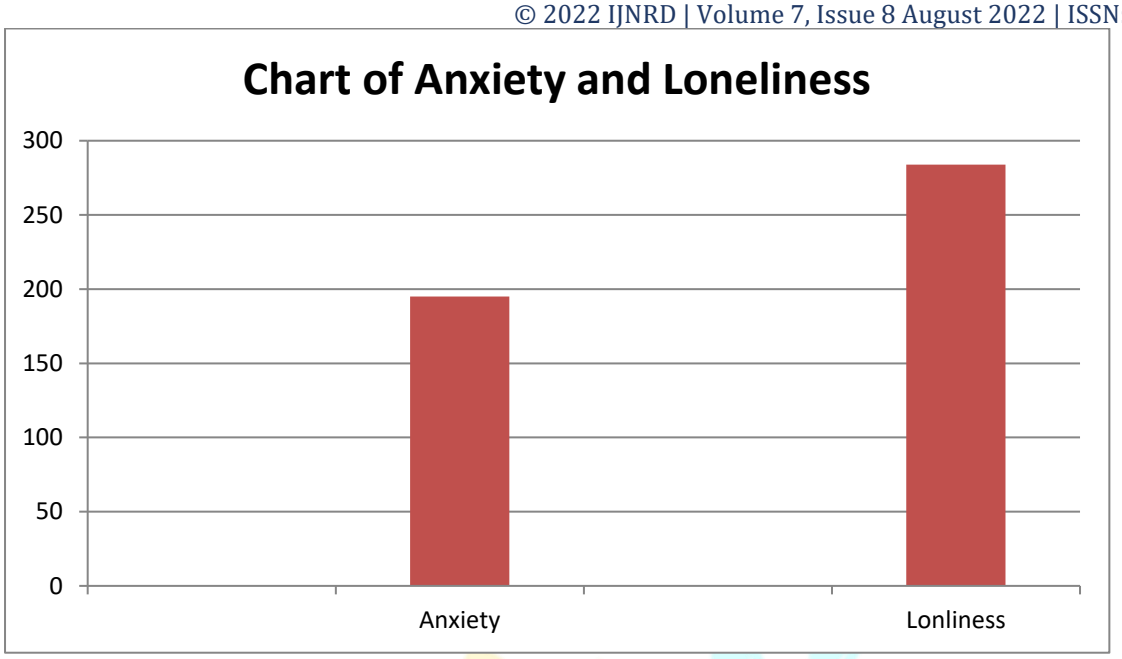

Fig. 4. Psychological details of people who participated in survey.

Discussion:

The results showed that people have high levels of loneliness and anxiety. Which leads to poor sleep quality, the mediating effect of intolerance for uncertainty in the relationship of loneliness and mental health is significant. Loneliness invokes a stronger self-concerned inadaptability to threat response and may lead to more mental diseases through more serious intolerance for uncertainty and insomnia. This paper describes baseline data for a cohort of American people recruited to a study aiming to assess the longitudinal impact of COVID-19 on negative emotions, worries and strategies used to manage these emotions. Yet, even during this period of rising infections, personal experiences and knowledge of others who had been exposed to the corona virus infection were uncommon for most of our participants. Nonetheless, participants reported moderate-to-severe impact of COVID-19.

Within these impacts and worries, there were some gender differences. More females than males reported Academic as a top worry (though this gender difference was not replicated in quantitative impact ratings). Males reported a greater impact of COVID-19 on physical health in quantitative ratings; in the America context male adolescents are more likely to engage in outdoor sports and experience fewer socio-cultural barriers to outdoor physical activity than female adolescents. This difference between genders where males spent more time out of the house than females, may also have emerged because males identified social and recreational activities as a top concern; females by contrast, followed restrictions associated with COVID reporting more days in social isolation and on phone/video calls. Perhaps relatedly, more females expressed worries over physical health, fitness, and safety from contracting the virus than male participants. Some interesting trends were also noted in relation to socio-economic status (SES) of the participants, as indexed by the per capita monthly income of their families. Lower SES was associated with a higher impact of COVID across life domains but particularly with impacts on physical health and family.

Conflict of Interest:

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest. This study is to examine mental health before and after the COVID-19 outbreak. Taking COVID-19-related issues into account, we identified that a particular group experienced increase in stress levels and another group that experienced low stress levels. Beyond insights on risk factors of COVID-19 related psychology, the current study sheds further light on the impact of pandemic. Our results provides useful to enhance resistance by enabling individuals to buffer negative mental health consequences of stressors. The findings of the current study improve our understanding of the mental health consequences of COVID-19. Despite the majority of respondents showing no clinically significant symptom change, our results demonstrate that a group of respondents characterized by high impact on mental health may be at risk for the development of clinically significant

symptom change from pre- to post-outbreak. Future studies should investigate the pandemic's impact on public mental health but also its influence on the mental health of health care professionals. Our results may also support the development of resilience trainings. Furthermore, future research should address a broad range of psychosocial consequences of COVID-19 and their impact on treatment access for mental disorders.

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