Characteristics that tend to be stressed during the pandemic

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Abstract

People struggle with stress during the COVID-19 pandemic in quarantine because of the lockdown and the restriction of some of their favorite activities. Most of the people during lockdown experienced the same stress but on the different levels due to their life style that depends on their characteristics, for example, age, sex and careers. The research was conducted in order to investigate the type of characteristics that causes stress during quarantine. we decided to observe and investigate the type of characteristics that affect their mental health by a survey with 107 participants in Phitsanulok. In the survey we had observed different characteristics which could be the possible stress causes which are age, gender and career.

Keyword: Stress, COVID-19, Quarantine

Introduction

The COVID-19 pandemic and resulting economic downturn have negatively affected many people's mental health and created new barriers for people already suffering from mental illness and substance use disorders. As the pandemic wears on, it is likely the mental health burden will increase as measures taken to slow the spread of the virus, such as social distancing, business and school closures, and shelter-in-place orders, lead to greater isolation and potential financial distress. Though necessary to prevent loss of life due to COVID-19, these public health measures expose many people to experiencing situations that are linked to poor mental health outcomes, such as isolation and job loss. Additionally, feelings of anxiety are increasingly common, as people are fearful of themselves or loved ones falling ill and are uncertain of the repercussions of the pandemic.

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety.

In Thailand, the effect of outbreak of COVID-19 made the government announce an emergency decree, lockdown, closing the country, terminate all the domestic airlines and also all the foreign airline, apply the curfew, limited the travelling distance, many form of businesses, for example restaurant, hotel, cinema, barber shop, salon, gym etc.

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There are many stress factors from COVID-19 pandemic but we choose only 4 factors according to SRRS *(Social Readjustment Rating Scale)* or Holmes and Rahe Stress Scale is a scale of anxiety from COVID 19 (Infection), anxiety from financial status, work suspension or poor education and frustration. And combine them into the overall stress scores for comparison.

Objective of this study was to survey the stressors that occur during quarantine in this global pandemic of COVID-19. The research data was divided into many different categories which are age, gender and career.

Method

The online survey has 4 questions which contain frequency scale from 0-5 which 0 is least to none, 1 is low, 2 is the normal level of stress that people experienced normally and 3 4 5 are increasing respectively. Survey from 107 people during Quarantine. Most of the participants are from Phitsanulok which is in the north part of Thailand and was made on 29th May 2020. Finally, the information was analyzed by descriptive statistics
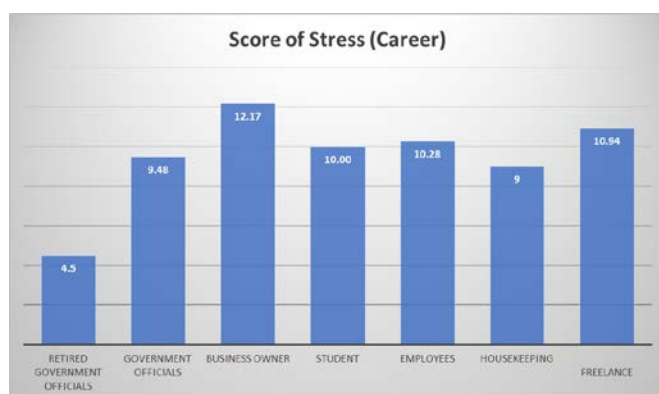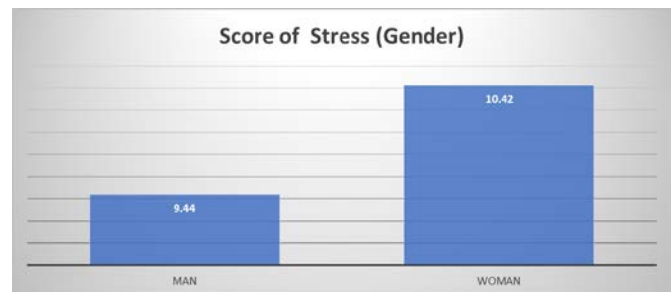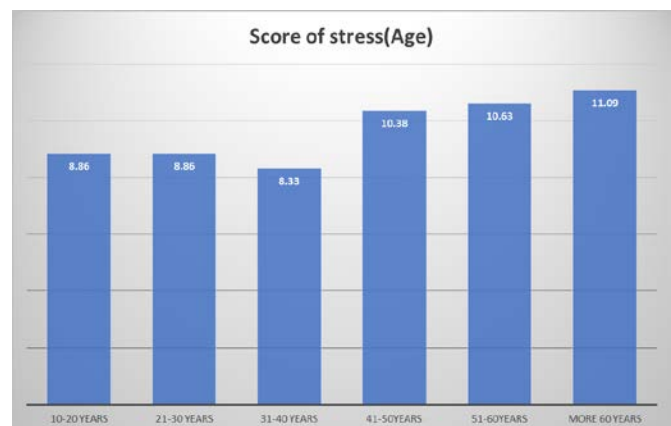
Result

Figure 1

Figure 2

Figure 3

Conclusion

For sex, women with the score of 10.42 tend to be more stress than men who only had the score of 9.44. Moreover, the age is directly proportional to amount of stress their received during quarantine. In other words, the older you get the more stress you will be during this period. Lastly for the trend on career, two most stressed career during quarantine are business owners and freelances with the score of 12.170 and 10.94 respectively. Furthermore, the least stressed career during quarantine is retired government officials with the score of 4.5

Reference

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