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Review Article

IMPACT OF COVID-19 PANDEMIC ON MENTAL HEALTH OF INTERNAL MIGRANT WORKERS IN INDIA: A REVIEW

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ABSTRACT

The COVID-19 pandemic has deeply altered social and working environments in several ways. Social distancing policies, mandatory lockdowns, isolation periods, and anxiety of getting sick, along with the suspension of productive activity, loss of income, and fear of the future, jointly influence the mental health of citizens and workers. Permutations and combinations of the factors viz condition for new infective agent infections, potential to act as vectors of transmission of infection, high prevalence of pre-existing physical health morbidities like activity respiratory disease, tuberculosis, HIV infections, pre-existing psychological morbidities, adverse psychosocial factors like absence of family support and caretaker throughout the crisis, their limitations to follow the principles and rules of non-public safety throughout the COVID 19 crisis, social exclusion, and inability to timely access the medical specialty services; all make to the peri-traumatic psychological distress to internal migrant employees. Mental problems associated with the health emergency, like anxiety, depression, post-traumatic stress disorder (PTSD), and sleep disorders area unit additional doubtless to have an effect on tending employees, particularly those on the frontline, migrant workers, and workers connected with the general public. Superadded is that the blow of economic constraints because of loss of labor, absence or suspension of activity safety and health-related basic laws with associated activity hazards, that build this occupational group extremely vulnerable for the event of psychological sicknesses. This review sets the idea for a much better understanding of the psychological conditions of workers throughout the pandemic, integration individual and social views, and providing insight into attainable individual, social, and activity approaches to the current “psychological pandemic”.

KEYWORDS: Anxiety, COVID-19 Pandemic, Corona Virus, Migrant Workers, Mental Health

An in progress outbreak of respiratory disorder related to a novel coronavirus, severe acute respiratory syndrome (SARS) COVID-19, was reported in wuhan, Hubei Province, China in December 2019, within the following weeks, infections unfold across China and different countries around the world, leading to a pandemic (Zu *et al.*, 2020). COVID-19 may be a giant cluster of viruses that makes unwellness. It ranges from the common cold to additional severe diseases like Severe Acute respiratory Syndrome (Shubhi and Archna, 2020). The disease, presently there's no pharmaceutical treatment (Hevia and Neumeyer, 2020).

COVID nineteen pandemic, as the rapidly spreading disease, has given rise to a series of negative psychological feature responses and emotions within the population in danger. As a result, additionally to the adverse effects on physical health, the COVID-19 pandemic has the potential to cause chronic psychological manifestations like depression, anxiety, anxiety disorder, and psychoneurotic manifestations (Qiu *et al.*, 2020; Tandon, 2020).

During the lockdown period of India, nationwide sudden bans on travel, lack of work led to no financial

suggests that to require care of daily food expenses and quarantine rules, all have resulted in high levels of tension, that successively induced socially unreliable behaviour and panic attacks among internal migrant workers. Recent flee of stranded internal migrant labourers to railway stations and bus stations, making desperate attempts to go back to their home states ignoring lockdown rules is an example of this. This invariably results in the vicious cycle of susceptibility to infection, quarantine, stress, and violation of preventive measures. Anxiety levels are indeed building in these migrant employees, forcing several of them to travel many thousands of kilometers on foot to achieve their native places with none provision of food or shelter within the transit.

According to the psychosocial problems among migrants throughout COVID-19 listed by the, internal migrant workers suffering from laid low with high degrees of anxieties and fears because of numerous issues in COVID pandemic, and are in want of psycho-social support (G.O.I.,2020). the continuous reverse migration of many migrant workers to their native villages will encourage be harmful for the psychological state and

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rural India could also be particularly susceptible to suicide in close to future because of the significant economic load of out of work migrant workers (Nelson, 2020). Reports of the migrant employees having a heavy nervous breakdown and depressive psychotic disorders have started showing in the print media (Shastri, 2020).

INTERNAL MIGRANT WORKERS: A VULNERABLE POPULATION

As the world confronts COVID-19 and Governments attempt to stop unfold, it's imperative that migrants - no matter their migratory standing - square measure enclosed in efforts to prevent unfold. And whereas the 164 million migrant staff globally square measure already vulnerable, the foremost vulnerable among them currently face being hit hardest by the negative impacts in international communities, businesses and supply chains. According to an official employment estimation, Indian industries, had regarding a hundred million internal migrant staff, having a sizeable impact on the economics of India (Deshingkar and Akter, 2020). Internal migrant workers comprises staff, migrated as a private or in teams, in the main on a short lived or seasonal basis in search of the work to urban areas of different state or countries of India. Rural to urban migrant workers principally have interaction in temporary, unskilled work, characterised by low wages, job insecurity and economic vulnerability, that square measure peculiar characteristics of informal work environments (Zeitlyn *et al.*, 2014). they are susceptible to expertise adverse psychological consequences of multiple stresses, generated through interactions of varied factors, not restricted to chronic financial condition, deficiency disease, cultural sorrow, loss of spiritual practices and social protection systems, addressing language difficulties, changes in identity, abuse and poor access to attention additionally to the poor living conditions and money constraints. The COVID-19 imprisonment in India has left large range of transient specialists unemployed. Indian migrant workers throughout the COVID-19 pandemic have sweet-faced multiple hardships that they had to affect the loss of financial gain, food shortages and uncertainty regarding their future when closure of factories and different industries. COVID-19 has hyperbolic vulnerability of women employment.

In the Indian context, on the scenery of COVID 19 pandemic, factors which may have an effect on the predisposition of the interior migrant workers for adverse mental state manifestations are worth considering here.

Pre-existing Mental Health Issues

Even in pre-COVID19 era, the prevalence of psychological state issues was high among migrant staff as compared to non-migrants (Virupaksha *et al.*, 2014; Firdaus. 2017). Rural-to-urban migrants are having inferior psychological state standing than each resident within the destination communities and their rural counterparts within the emigrating communities. this suggests a deteriorative impact of migratory experience on psychological state standing (Li *et al.*, 2009). Conjointly there's a predisposition for serious manifestations of psychological state problems among those, World Health Organization are previous sufferers of psychiatric conditions, a lot of doubtless by causative the pre-existing or latent health problem throughout sharp outbreaks (Ho *et al.*, 2020; Zhong *et al.*, 2013). COVID-19 pandemic and country-wide lockdown are doubtless to extend the new onset of illness mental disorder and to cause exacerbation of symptoms in diagnosed cases. Any easy respiratory disease like symptom will increase anxiety and underneath gift circumstances, COVID-19 is predicted to own a lot of severe impact. Psychoneurotic Compulsive Disorder patients, particularly World Health Organization have checking, billboard and laundry compulsion, square measure at higher risk. Recommendation on rising personal hygiene measures would possibly increase the contamination obsessions and laundry compulsions.

Quarantine will result in totally different reasonably issues. It will precipitate feelings of worry, anger, anxiety and panic concerning worse potential outcome, ennui and loneliness and guilt concerning not being there for family. In an exceedingly person with a previous psychiatric disorder, of these issues will surface with revived severity and might result in posttraumatic stress disorder or maybe unsafe thoughts and makes an attempt. Anxiety is thus overwhelming, that it will precipitate psychosis and ism delusions (Brooks *et al.*, 2020).

Patients with bipolar disorder and schizophrenia are doubtless to own relapses because of danger in each the supply of normal medication and medicine compliance. For substance use disorder patients, this era may well be deadly as non-availability of substance or medicines will precipitate severe withdrawal symptoms and medical emergencies like delirium or seizures, which might be grave because of inadequate accessibility to dwindling emergency services (Xiang *et al.*, 2020).

Without Family Support and Caretaker During Crisis

As most of the male migrant workers don't seem to be residing with their family members, their loneliness itself makes them fall prey for mental problems like depression (Zhou *et al.*, 2020). Loss of favored ones within the pandemic, and feeling of helplessness to attend the health desires of the family members, staying away at villages may additionally irritate the strain.

Social Exclusion

Strict social distancing protocol might increase the caste, religion, stigmata, or patricentric mindsets that may be a social concern, like social exclusion. Social exclusion reflects disadvantages intimate with by bound teams and categories of the individuals, with social identity because the central axis of their exclusion. Throughout the COVID-19 pandemic, people suffering from coronavirus, individuals cured from the virus and their families are subjected to humiliation and neglect from their community. There are several cases of hostility faced by common people from their neighbors. Cases of hostility may be determined in housing societies concerning residents having recent travel history from different countries (Prachee and Vaidya-Kannur, 2020).

Members of the non-governmental organizations (NGOs) and social organizations engaged in community service were additionally abused. Social exclusion is adversely related to psychological state of migrants (Li and Rose, 2017) Internal migrant workers suffer from a high prevalence of anxiety, psychotic, and post-traumatic disorders because of socio-environmental adversities, like loss of rank, discrimination (Mucci *et al.*, 2019). Additionally to the issues created by the pandemic, public health ways like necessary isolation or quarantine within the Government's temporary shelters on come to their original places and social distancing, increase the sensation of loneliness inflicting mental problems even might cause suicide (Nelson, 2020).

Acute and Chronic Adverse Effects of the SARS-CoV2 on the Nervous System and Mental Health

Neurological complications have emerged as a significant cause of morbidity and mortality within the current COVID-19 pandemic. Beside metabolism insufficiency, several hospitalized patients exhibit neurologic manifestations starting from headache and loss of smell, to confusion and disabling strokes. COVID-19 is additionally anticipated to require a toll on the nervous system within the future. SARS-CoV-2 alike other corona viruses responsible for the past epidemics in 2003 and 2012, may be biologically neurotropic and clinically

neurotoxic, causing mental health and neurological disorders (Holmes *et al.*, 2020).

Peri-traumatic Psychological Distress During the Pandemic

Anxiety, depression in concerning twenty eight percent and self-reported mental stress in eight percent area unit reported because the prevailing psychological reactions beside sub -syndromic mental health consequences of the COVID-19 epidemic (Rajkumar, 2020). During a pestilence people usually receive a good quantity of knowledge concerning the virus from the media that is probably going to accentuate health anxiety in those who are vulnerable to such symptoms (Asmundson *et al.*, 2010; Sirri *et al.*, 2015; Garfín *et al.*, 2020; Gao *et al.*, 2020). especially, those who had high attribute health anxiety before the COVID-19 pandemic area unit doubtless to be at exaggerated risk for adverse mental health outcomes, as their tendency to misinterpret bodily sensations (e.g., coughing) may evoke a profound concern of getting shrunken the virus (Rajkumar, 2020; Taylor, 2019).

Adverse Occupational Health Scenario During Lockdown and Post Lockdown Period

Severe acute respiratory syndrome was wide viewed as a public health threat however was less appreciated as associate in nursing industrial disease. Among the activity teams in danger were HCWs, animal and food preparation handlers, transport staff (ranging from flight attendants to taxi drivers), and laboratory researchers operating with the SARS-CoV.

A major concern of the many staff is that the worry of job losses or loss of financial gain. this is often apparent from the economic impact of COVID-19 wherever in several countries, non-essential services are halted, and lots of individuals reside home and avoid going out for shopping or entertainment. Self-employed staff, staff in an exceedingly gig economy, and people operating in entertainment, welcome, tourism and travel sectors, to call many, are vulnerable with loss of financial gain and job losses. So as to manage the economic fallout, several governments have provided stimulation packages to help such groups.

Companies and activity health departments may additionally play a task within the national and international pandemic response and in managing such considerations among staff below their care. Therefore the general public health policymakers, whereas framing COVID-19 epidemic policy need to pay adequate attention to the psychosocial problems with the interior migrant workman. The internal of the discriminatory

impact of the pandemic on the internal migrant staff won't solely hamper our efforts to stop future unfold of COVID-19, however may also enlarge pre-existing mental health disparities.

Building a holistic intervention system as well as screening for psychological stress, and targeted intervention is important to reduce psychological distress and stop future mental health consequences. in conjunction with mental health professionals, manufactory medical officers, general medical practitioners, trained community medical experts, ought to even be integrated with the general public mental health services to tackle the upsurge of mental diseases within the internal migrant workers.

CONCLUSION

Organizational and employment aspects have a considerable impact on psychological health, particularly within the context of a worldwide pandemic. The work thus represents a very important target towards that efforts ought to be directed to manage mental health problems associated with the COVID-19 pandemic. Mental problems associated with the health emergency, like anxiety, depression, dangerous suicidal, sleep disorders, and medicines and alcoholism square measure a lot of workers to have an effect on tending staff, particularly those on the frontline, migrant workers and workers in contact with the general public, just like the enforcement. These problems square measure variously associated with the high level of job strain, the concern of being infected and being a vector of the disease towards the family, the discrimination and stigma that will arise. Moreover, job insecurity, adverse employment environment; long periods of quarantine and isolation, work rights exploitations, and uncertainty of the future worsen the psychological condition, particularly in younger individuals and in those with a better educational background. Internal migrant employee could be a vulnerable community for the event of severe, acute and chronic, adverse mental state consequences due to COVID 19 pandemic, through varied flat factors, several acting at the same time to cause physical, mental, and socio-economical adversities.

Mental health could be a essential facet that has to be addressed, making it imperative to initiate steps against the psychological unwell effects due to pandemic through generating awareness and psychological preparedness among the internal migrants.

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