BouncebackFrom Stress During COVID-19 Pandemic: ASystematic Review

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Abstract

The COVID-19 pandemic has had a devastating global impact on the health and well-being of many populations beyond the elderly and other vulnerable people. In addition to the direct effects of the virus infection, containment was introduced to combat the spread of the disease and the economic crisis. It also raised other concerns such as reduced physical activity, sleep, and psychological disorders. Resilience is an individual's ability to live despite the stress. It's about facing problems and developing strengths to protect and promote happiness. The development of resilience skills can be helpful to cope with life's challenges and difficulties. In essence, resilience benefits handling stress in a more favorable way. The development of resilience is a very exclusive personal process. It is a great trend to combat with stress, especially during pandemic. The purpose of the review analysis was to link stress during the COVID-19 pandemic with individual resilience and individual coping strategies, to explore the definitions of each, as well as potential relationships of them together. Coping is used as defined actions to deal with life situations. Coping skills can be functional or dysfunctional, and situations a person faces can be acute or long-lasting, severe or mild. Resilience is an operational mechanism of an individual and his life, meaning the competency to bring back and reestablish after tragic events. Strong resilience helps a person to overcome and cope effectively with stress, as resilience acts as an operational mechanism within an individual.

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Introduction

The WHO has announced COVID- 19 a pandemic on 11th March 2020, as it is a deadly threat to humans and spread worldwide (WHO, 2020). A concerted global effort is needed to stop the spread of the virus. That's why The Governments of most countries have announced Lockdown to control the deadly disease [1].Early evidence suggests that infection has a highly effective reproduction rate, with older populations and those with underlying health conditions at high risk of serious illness and death, forcing many countries to temporarily lock doors to limit the spread of the disease. Consequently, the COVID-19 pandemic has become an emergency of health to a systematized system that affects human life in many ways (United Nations, 2020).The COVID-19 develops from a health shock to a global economic and social crisis [2].The pandemic could be defined as "Occurring

over a large geographical area and it affects in unusually large part of the population"[3].The COVID-19 pandemic has impacts in all sectors of the population exclusively disadvantageous to the people of social groups in many assailable situations, continuing to affect society especially poor people, the old age,disability, young and indigenous peoples. Preliminary proof indicates that the COVID-19 pandemic impact had had a greater impact on health and economic are disproportionately borne by means of the poor. Those without access to pure safe clean water, migrants or displaced ,refugees also face risks proportional to both the pandemic and its consequences[4].The pandemic affected not only above segments but also had a greater impact on Health Mental health , Wellbeing ,Social , Quality of lifestyle, Economic, Education, Business, Job Opportunities, Women ,Kids & Elderly.

The COVID-19 is a deadly progressing disease, it affects the lungs directly while transmission. (Gautam, S., & Trivedi, U, 2020) COVID-19 spreads through aerosol spray while coughing and sneezing, then it spreads in the air and infects people who inhale, also by touching a contaminated surface, a person could be infected. People with chronic illness, children, Elderly people and pregnant women are more vulnerable to get infected. As it led to death, the globe got stuck while seeing the deaths [5]. (CDC, 2020) The post-COVID conditions affect an individual's quality of life, post-acute COVID-19, long-term effects of COVID, or chronic COVID. Some people experience a range of new or ongoing symptoms that can last weeks or months after first being infected with the virus that causes COVID-19.The population with chronic illness affected by COVID-19 experience multiorgan effects for long periods of time, symptoms lasting for weeks to months during post COVID .COVID-19 may affect all organs including heart, lung, kidney, skin, and brain functions [6].The major virus outbreak in the 21st century, the COVID-19 pandemic has led to hazards to mental health globally. (Xiong, Jiaqi. et al, 2020)While psychological support is being provided to patients and healthcare workers, the general public's mental health requires significant attention as well [7].According to the World Health Organization (WHO, 2004) Mental Health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and contribute to society" [8]. Studies indicated that COVID-19 pandemic affects a person's mental health especially increases depression,anxiety,post traumatic stress disorder, psychological distress and stress [9].

"Wellbeing is the state of being happy, healthy or prosperous". Wellbeing is being well overall .So a person's well being is exclusively whatever good for an individual, it's their personal gain. Wellbeing could be positive and negative. The positive is called as wellbeing and the negative is known as Ill-being [10].The term subjective well-being (Stone Arthur A. et al, 2013) means the way in which people feel, understand and analyze their life. This subjective wellbeing is assessed by self assessed questionnaires. Wellbeing also includes physical wellbeing, psychological well being, social wellbeing, emotional wellbeing, economicalwellbeing [11]. (Yang.et al, 2021)All the above well beings are closely interlinked[12] .Wellbeing keeps a person in good terms ,shows the development in his life ,whereas wellbeing is caused by internal and external factors like health ,psychological ,social,environmental,economic etc. As COVID-19 affected almost all sectors ,a person's wellbeing also affected[13] .Studies (Bialek, Stephanie, et al,2014)stated that the finding of consequences of COVID-19 pandemic was a challenging one ,as it causes much more serious illness also death to function of increasing age[14].Studies (Pierce, Matthias, et al. ,2020),(Jia, Ru. et al ,2020),(Di Giuseppe, Mariagrazia. et al,2020) suggested that the women are highly affected in their wellbeing due to Covid-19

pandemic[15,16,17].Also studies (Endicott, Joanne C. et al, 2020) indicated that economic deprivation causes a negative impact on well-being[18] .

The social impact (United Nations, 2020) in the sense of bias, inequality, prohibition, discrimination, poverty and unemployment as comprehensive problems which were caused by COVID-19 pandemic. Also the lockdown and social distancing kept people detached from society,family, friends and relatives. Studies suggested that this affected social relationships and also the perception regarding empathy towards others[19] .The people with chronic illness especially in old age having CVD ,Diabetics ,hypertension are much vulnerable for COVID-19 infection and also impact on their health also very higher than other age groups. So they are not recommended to attend in social gatherings. They have reduced capability of managing crisis in this age and they are less competent of supporting themselves in isolation. Though lockdown and social distancing are required essential elements for stopping the spread of the disease, if it is not implemented properly with certain conditions and supporting measures , it will affect women,kids,old age groups, people with disability and people struggling with chronic illness[20].Especially people with disability, have a challenging phase in their life in the COVID-19 pandemic, as they also need to safeguard themselves with preventative measures .Due to their physical challenges ,it's not possible in every situations .Also they can't isolate themselves if they are found covid-19 positive[21,22].

Studies (Park, Kang-Hyun. et al, 2021) indicated that a person's quality of lifestyle included physical exercises, work, enjoyed leisure activities and eating nutritious food properly. The above said factors have been affected by pandemic, as quality of lifestyle has been changing frequently and has been becoming imbalanced. The COVID-19 pandemic also has made marked changes in daily routines .The causes were lockdown, closure of educational institutions, markets etc. Due to lockdown, the people preoccupied themselves and spent less time or almost no time for leisure, social and educational activities [23].The COVID-19 pandemic affected education (Marinoni, Giorgio. et al, 2020) and research segments badly especially with teaching and learning. The educational system has been turned from offline mode to online mode like distance teaching and learning. Some courses and research need labs, technical infrastructures and equipments. Because of Lockdown this has become the gap for quality of education [24].Also studies illustrated that ongoing research has been affected because of the pandemic. An important impact from lockdown is that people need special permission to travel from district to district, state to state and country to country, also PCR test is a must. After travelling also people would be quarantined as per norms. So these restrictions caused students to stagnate at one place [25].

Stress is a reaction from daily hassles, it is very normal when it does not affect a person's daily regular lifestyle[26].Studies (Torales, J.et al,2021) suggested that COVID-19 pandemic affected the general population's stress level as it was assessed through questionnaires and results were the majority of the samples reported moderate levels of self perceived stress[27].The pandemic has impacted on health in major (Salari,N.et al,2020) also it has a greater impact in mental health as resulted in psychological disorders. The research evidenced that self perceived stress (8%) is a normal reaction of COVID-19 pandemic [28] .The published article (Morales-Rodriguez, F. M.et al,2020) also revealed that stress was found with other symptoms of depression ,fear and anxiety. Also results suggested those psychological problems were non-pathological among participants and women participants showed higher levels of stress than men [29].According to APA definition of resilience" Resilience is a

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process of adapting well to the causes of adversity, trauma, tragedy, threats, or serious stress such as family and relationship issues,illness, and work-related financial stress". (APA, 2012) As far as resilience is concerned, it means getting out of the difficult experience of "bounce back", which can also be accompanied by deep personal growth [30].It is an ability to recover from or adjust easily to misfortune or change [31].Stress is a psychological reaction caused by a crisis. The unresolved crisis leads to prolonged stress and increases the intensity of stress which causes psychological distress[32].A study(Oken, B. S. et al,2015) examined the biology of stress and resilience from a scientific perspective. The crisis forces a person to undergo stress, when stress becomes psychological distress, it affects the immune system. So rather than coping strategies ,a person with strong resilience could resist stress and psychological distress [33].The mass effects of stress and life challenges could cause negative effects in mental health .Resilience is associated with positive involvement with stress and adversity. In a study (Foster.K.et al, 2018) when they conducted a resilience training program, it helped the participants to improve coping skills, self efficacy and ability to self regulate their thoughts and emotions [34]. The theory of Broaden build theory of positive emotions suggestedthat (Gloria, C. T., & Steinhardt, M. A., 2014) positive emotions could improve capability of coping and also resilience against stress. The broaden theory stated that positive emotions could improve resilience to cope with stress. Resilience mediates with resolving stress and related mental health issues [35].

The coping and resilience (Smith, C., & Carlson, B. E. (997) reflect in a person's status of stress and social welfare. The young people who are more resilient are able to overcome adversity easily .Resiliency works as a safety measure from stress. Resilience functions within individuals and it moderates the effects in risk of stress[36].(Dumont, M., & Provost, M. A., 1999) A study evidenced that among 297 adolescents ,the self esteem was found higher among who have greater level of resilience .Also resilient adolescents had higher level of problem solving skills and coping skills than others who are low in resilience[37].Resilience is important for athletes(Secades, X. G.et al,2016) to cope with the pressure which they experience. It is correlated positively to task-oriented coping and negatively to disengagement and distraction oriented coping during both periods. Athletes with high quality personal resilience achieved higher scores in task-oriented coping and were less reliant on letting go and distraction-oriented coping. The resilient characteristics may associate in athletes to the use of more potentially adaptive coping strategies [38].There is a strong relationship among (Sagone, E., & Elvira De Caroli, M., 2014)hardiness, psychological well-being and coping strategies. Increased levels of positive attitude were correlated positively with problem solving, but correlated negatively with avoidance coping and high levels of helplessness, alienation were related positively to avoidance. In addition, increased levels of positive attitudes are highly positively correlated with psychological well-being. High levels of helplessness, avoidanceare negatively correlated with psychological well-being. The dimensions of psychological well-being are negatively correlated with avoidance strategies and positively with problem solving and coping [39].The psychological theory (Booth, J. W. & Neill, J. T. 2017) on stress, coping and psychological resilience evaluated how effectively coping strategies could support the enhancement of resilience in the context of education which is out of doors. This outdoor academic program's purpose is to improve psychological resilience through organized, well mannered reflective experiences[40]. Thus coping strategies support

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resilience also resilience enhance coping skills to fight against stress.

People are more concerned about others (Barzilay, R., et al, 2020) than personal when they report problems with COVID-19. Resilience benefits to decrease stress,anxiety as well as depression [41]. Very few people are psychologically resilient to adversity (Killgore, W.D.S. et al., 2020) as mental health issues are being associated with the COVID-19 pandemic. The people who exercise more ,having good moral support, emotional support from family and friends, having good sleep ,having good daily routine experience high level of resilience than those haven't the above said factors. Psychological resilience operates as a mechanism in facing pandemic related negative impacts [42].The COVID-19 pandemic impacts a deliberate threat to the wellbeing of kids and their families because of challenges of common social disruption. Here the family member's resilience is more important for the wellbeing of children[43].Corona virus disease 2019 (Polizzi, C., Lynn, S., & Perry, A. 2020)has impacted almost all aspects of routine life, leading to forced isolation ,social distancing, financial insecurity, fear of deadly illness ,feelings of helplessness ,hopelessness and despair. Many researches documented that these kind of pandemics used to cause stress, post traumatic stress, anxiety and also depression. Also the findings suggested that with the help of resilience, hardiness, mindfulness, copingstrategies, increased social support, a person can go through the pandemic without mental health issues [44].In light of the global COVID19 pandemic, resilience could be one of many possible outcomes [45] .Coping strategies (shanahan, L.,et al,2020)involved with resilience, could possibly reduce psychological distress especially stress, also the resilience skills includes self awareness, attention ,flexibility, letting go and positive emotions[46].Studies provided resilience techniques to adjust with ongoing covid-19 pandemic [47].The essential part of crossing through covid-19 pandemic is positively associated with social connections (Nitschke, J. P.,et al,2020) which act in enhancing resilience [48].

Method& Data Extraction

The literature review was collected systematically from the Science Direct, Scopus, Pub Med, Web of Science and Google Scholar. Literature evaluation was carried out using the quest phrases like impact of COVID- 19, stress, resilience, coping, coping skills, stress during COVID-19, and resilient coping and all other possible combined keywords. As it is a review research, the secondary data collection method was used to collect the needed data .To maximize the quality of research, the references were cited properly and manually reviewed .The inclusion criteria for the review research included: 1- Studies which analyzed the stress during Covid-19 pandemic among the general population, 2- Studies finding about the relationship between stress and resilience, 3- Studies examined the function of resilience on stress while coping ,4- Studies that their full text was available . The exclusion criteria for this review research were: 1- Research which is not related to this study, 2- Studies with lack of proper data, 3- Fake sources without evidence, 4-Pieces of research with unclear methods, 5- Articles that their full text was not available. The systematic review was carried out carefully with collected genuine articles from approved databases. Then collected reviews were arranged in an order based on research objective. A list was created with article titles and final screening has been done for the purpose of evaluating in a structured manner. The screening and filtration were done according to inclusion and exclusion criteria. From the finalized studies, the data was extracted such as title, author's name, year of publication, population,

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samples, assessment, type of study, DOI Number and source of database.

Findings & Implications

The present research was carried out to assess stress during COVID-19 among general population and also focused on resilience as it is an operational mechanism within an individual which helps to cope with stress more efficiently through systematic review of literature. The collected reviews were supportive with the objectives as resilience makes a person to bounce back from stress during COVID-19 pandemic.From the studies, the secondary data analysis was done and it is known that stress was present among the general population globally during COVID -19 pandemic. The cause for the stress was the impact of COVID-19 pandemic in almost all segments. So the stress due to the pandemic was unvoiced as the crisis (pandemic) exists.The spread of COVID-19 was very rapid and the impacts led to ill-being, mental health issues among people. Evidence suggested that women, old age people, people with disability were experiencing higher levels of stress. There is a growing evidence to support the idea that resilience is associated with the development of positive psychological traits. Several studies have shown an important role of resilience in the ability to cope and bounce back from trauma and develop healthy positive psychological traits which was observed with people of all ages. According to the analysis of studies ,coping strategies are helpful in dealing with stress .But when an individual develops resilience as an operational or functional mechanism within himself ,the person will be able to defend from stress and capable of resisting stress. Also with holding resilience, a person can cope with stress in an excellent way.

Summary & Outlook

The impact of Covid-19 pandemic is enormous in all aspects , its effects with global are the marked one like health ,mental health ,wellbeing ,society ,education ,economy ,quality of lifestyle ,business ,job opportunities etc. These aspects are interrelated to one another as it may affect another segment like, a health issue could affect mental health, business job opportunities could affect economy& quality of life style. As COVID-19 has lots of impacts, it results in stress. Stress can be managed with coping strategies in addition ,resilience makes a person to cope with stress more effectively and it helps a person to defend himself from stress also a comeback is an expected result with resilience .By the way Resilience is an Operational mechanism to bounce back from stress during covid-19 pandemic. Undoubtedly, resilience is an useful and highly adaptive trait, especially while facing traumatic events. However, it can be taken too far. But being resilient beyond a level (Chamorro-Premuzic, T., & Lusk, D., 2017) can make people too resistant to adversity.

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