



Psychological Effect of Coronavirus on Females: A Case Study of Balochistan

Dr. Faqir Muhammad Baloch
Deputy Director /Senior Veterinary Officer
Embryo Transfer Technology Centre Livestock and Dairy Development Department Balochistan
Quetta Pakistan
faqirbaloch71@gmail.com

Dr. Shahida.Habib Alizai
Assistant Professor
Gender Development Studies Department
University of Baluchistan, Quetta
shahidadostain@gmail.com

Dr. Abdullah Dostain
Senior Veterinary Officer
Embryo Transfer Technology Centre Livestock and Dairy Development Department Balochistan
Quetta Pakistan,
drabdullahdostain20005961@gmail.com

Abstract

In order to assess the psychological effect of coronavirus on females this research was carried out. Quetta, Pishin and Mastung districts were selected randomly. Descriptive type of research was used. However, Cronbach's alpha ranged 0.812 to 0.829. SPSS version 25 was used for data analyzed. Chi-square Pearson test was used. The results revealed that most 56% of the respondents were 37 to 55 years old. While most 34% of females are 18 to 36 years old. Fifty (50%) of female respondents were uneducated. 55% of females were self-employed. 59% of females were married. Highly significant were observed on anxiety and physiological effects variables. Henceforth, it was concluded that the anxiety level was increased among females due to the COVID-19 period. From now on, it was determined that due to the COVID-19 the nervousness level of females has increased and trends affect the female



psychological aspects as well. Based on study results following need-based recommendations were developed for policy makers and psychologists in order to address the mental health improvement and reduction of psychological effects on females during the period of COVID-19 outbreak. Economic measures and preliminary attention should be given by the government for females to improve the socio-economic condition of females in the period of COVID-19. Provincial government should be activating the diverse initiatives and governmental guidelines for female healthcare conditions and also defend the psychological well-being and develop effective civic strategies for females at grass root level.

Keyword: Psychological effect, COVID-19, female, Balochistan, Pakistan

Introduction

In December 2019, outburst of COVID-19 was reported in China at very speedily and rapidly rates. Devastating disasters in this regard diffuse across the world at the same speed. Worldwide, various governments have taken pre-emptive measures for public health so as to halt trials to recede the transmission of virus for further flow to transmit (WHO, 2020).

However, various organizations and associations like the Centers Disease Control explained that the psychological effect due to coronavirus on females did not have any visible symptoms in spite of stress. But on the other hand, equine influenza and SARS were the major infectious syndromes and virus that reflected the destructive psychological implications (Bai et al., 2004; Wu, et al., 2009; Taylor, et al., 2008; Sprang and Silman, 2013; and Rith-Najarian et al., 2019).

The COVID-19 pandemic has psychological as well as social effects, in this regard these pandemic effects have a female psychological aspect, therefore the female did not escape herself. Thus this COVID-19 prevalence trends and pandemic consequences did not cause unavoidable and inevitable resilience for females. Hence, the pandemic affects the psychological and its changing aspects within terms of females and students CDC, 2020; and Grubic et al., 2020).

Psychological effect of coronavirus on females was the imperative aspect of this investigation. Therefore, the author more assumed to measure the stress factor, psychological effect of COVID-19, the explanatory paradigm among females about stress as well as psychological effects were also determined. Apprehension and psychological



impacts inter-exchangeable (Lazarus and Folkman, 1984; Weiller et al., 1998; and Kroenke et al., 2007)

Furthermore, to penetrating the emotional state of anxiety or frighten, the psychological effect patients might likewise be experience other physical or biological indicators, for instance sensitivity, pathetic feeling, fall unconscious, discomfort otherwise seasickness, tremors a quick breathing (Brawman-Mintzer and Yonkers, 2004; and Testa et al., 2013). Psychological effects damage the human being's responsiveness and attentiveness, human reminiscence as well as the human being's chromatic motor abilities. On the other hand, various studies were confirmed these statements that the psychological effect reflected the destructive effect on female and apprentices' psychological ability as a results severe melancholy, psychological consequences as well as nervousness (Eysenck et al., 2007; Moran, 2016; Runswick et al., 2018; Mosley et al., 1994; and Aktekin et al., 2001).

The various research studies about the psychological effect revealed that the female and learners at institutions of higher education faced the anxiety during the coronavirus period disease. In this regard 0.9%, 0.9% and 21.3% of respondents were faced with severe nervousness, moderate nervousness and mild nervousness respectively. On the other hand, severe to adequate and greater psychological influence the educational level of female students in China. Therefore, the female educational achievement and academic progress were affected due to the COVID-19 as a result females faced psychological distress (Cao et al., 2020; Wang et al., 2020; Bayram and Bilgel, 2008; and Bruffaerts et al., 2018).

On the other hand, various researches were conducted to determine the psychological effects due to the coronavirus pandemic period at university level. All studies result revered that the severe nervousness signs and psychological effects were the major limiting factors among students in this context as a results undeniable educational output due to COVID-19 (Cao et al., 2020; Wang et al., 2020; Bao et al., 2020; Liu et al., 2012; Peng et al., 2012; Odriozola-González, et al., 2020; Cornine, 2020; Ayittey, et al., 2019; Gentili et al., 2020; Xiao et al., 2019; and Tang et al., 2019).

In addition, quarantines, isolation measures and lockdown are mostly the shielding measures/ necessary for the physical female health. However, the lengthy nuisances in this regard can be injurious. Because of coronavirus consequences the female had face the various psychological effect, unadorned fiscal stress, joblessness, social syndromes, loss of employment, ill mental health issues as well as dejection in her nature (CDC, 2020; Reger et al., 2020; Thunström et al., 2020; Brooks et al., 2020; and Gardner & Moallef, 2015).



Due to the SARS outbreak, the 31.2% depression aspects and 28.9% anxiety aspect were faced by demographic or general population within quarantine. In this regard this was a very high rate that affected psychological and mental health at a considerable rate. In the same way, in China great anxiety rate was also observed during the H1N1 pandemic during the period of 2009. As a results seclusion, frustration, deteriorating apprehension as well as psychological effect or distress negative aspects were observed. During the pandemic period the public health perilous aspects and psychological effect dimension were found (Hawryluck et al., 2024; Wheaton et al., 2018; and Xiang et al., 2019).

Due to the coronavirus the economic activities around the world have detrimental and negative impacts as a result psychological effects are dominant and major limiting factors. Therefore, present study was carried out so as to measures the psychological effect on female due to the coronavirus as a case study in Balochistan, the province of Pakistan

Keeping in view above mentioned actualities and particulars following specific objectives were intended: To investigate the demographic sketch of respondents in study areas. To assess the level of anxiety among females in the study area during COVID-19 period. To determine the psychological effect on females due to COVID-19 period. To design the need-based recommendations and policy suggestions for policy-makers concerning the psychological effect on female attitude.

In order to assess the level of anxiety among females during the period of COVID-19 present research was carried out. In this regard, three districts namely Quetta, Pishin and Mastung were selected as an area of study by using random sampling. Descriptive type of research was used. Survey was conducted by using face-to-face communication and further periodic reminders. The responses of respondents were captured by using the self-measure reports. In this study the elementary demographic information and general information of the female respondents were recorded so as to evaluate the respondents self-rating anxiety level. The Cronbach's alpha ranged 0.812 to 0.829). The raw data thus was gathered, decoded, recorded and examined for further analysis by using the SPSS version 25 a statistical software. Possible statistical correlations like Chi-square Pearson were applied to determine the variables relationship with psychological effect as well as levels of anxiety. In this regard the Alpha level was set 0.05 level by using Chi-square Pearson.

Coronavirus outlook and current condition in Pakistan

Basically, the coronavirus is disturbing the human lung system. In this regard millions of people's deaths are reported globally. On the other hand, almost all health-care structures



around the world are paralyzed owing to the coronavirus (Deng, 2020; HuiDS et al., 2020; WHO, 2020; and Zhou et al., 2020;). Both in least-developed and advanced counties the confirmed cases were reported at 2,594,835. On the other hand, 181,170 human deaths were recorded in the month of April 22, 2020 (Lai, et al., 2020; and Arshad et al., 2020)

The day of 26 February 2020, in Pakistan two confirmed cases were reported firstly due to the coronavirus. However, this hazard aspect was dense when the entire country was victimized because of COVID-19. The region of Punjab was the most sternly hit province of Pakistan on account of COVID-19. In this regard 4328 confirmed cases were pre-sorted and identified in the month of 22 April 2020.

The Federal administration imposed approximately unprecedented approaches containing limited lockdown, smart lockdown, social separation from groups or community, travel limitations, tourism limitation, halts in transportation systems either public or private, quarantine development, indicative structure of the clinical laboratories and the like. At country level the general population did not adopted the pre-emptive or prevent measures and government advice at all accordingly the World Health Organization was to introduction a web-page and web portal titled as “myth busters” so that to mobilize the people about COVID-19 consequences (Zarocostas, 2020).

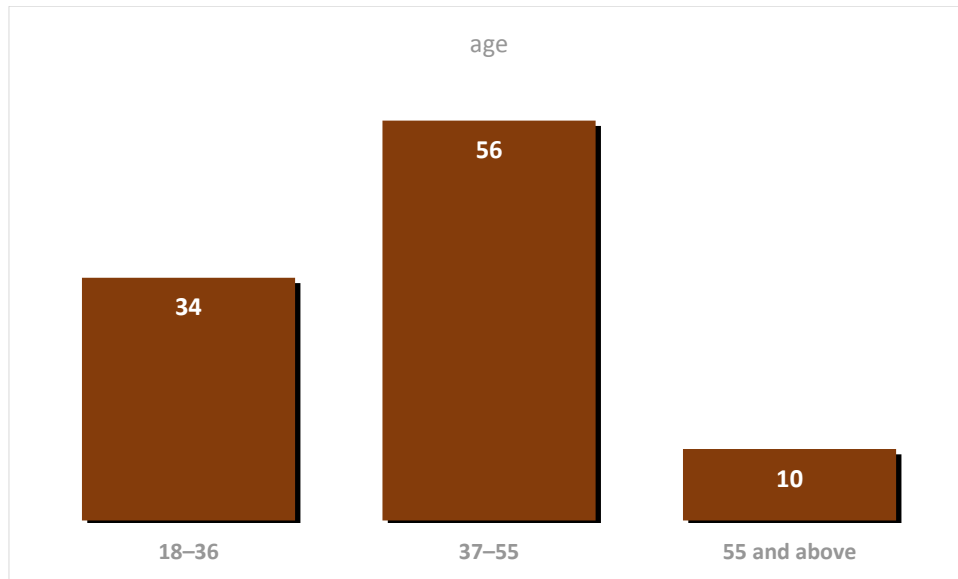
Consequently, in this regard the excessive significance is dire, so as to mobilize the masses about pandemic hazard, public health care options as well as sanitization values, that could stop the pandemic for further separation within connecting operative regulator measures. The government of Pakistan has taken a preemptive measure to stop the further transmission of coronavirus. In this regard the KAP theory like knowledge, attitude, and practices were used so as to encounter this virus (Rahman and Sathi, 2020; Azlan et al., 2020; Saefi et al., 2020; and Honarvar, et al., 2020).

Results of study

Socio-economic characteristics of respondents

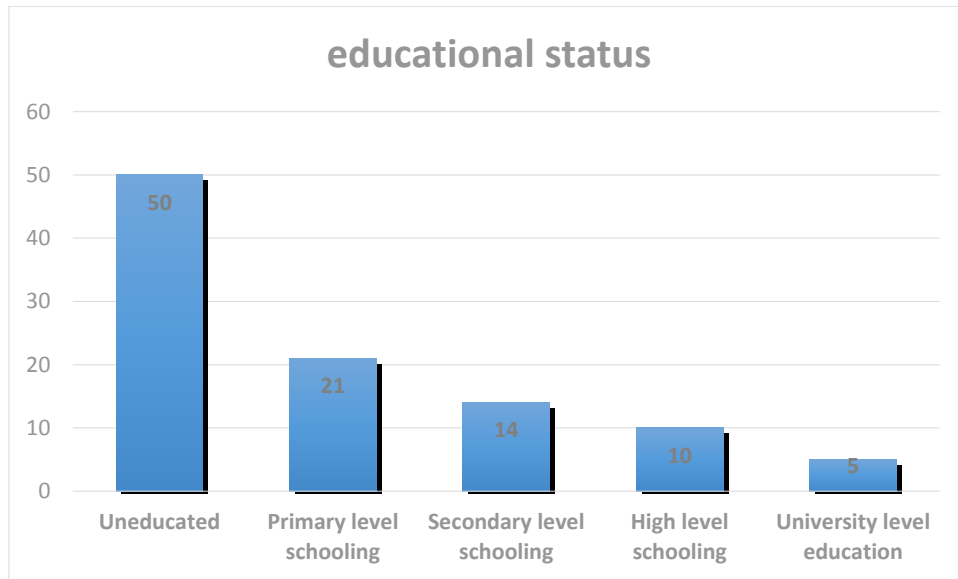
Socio-economic characteristics of the respondents were the vital demographic information. In this regard, the raw data was gathered at a field level.

Figure-1: Socio-economic characteristics about age (n=300)



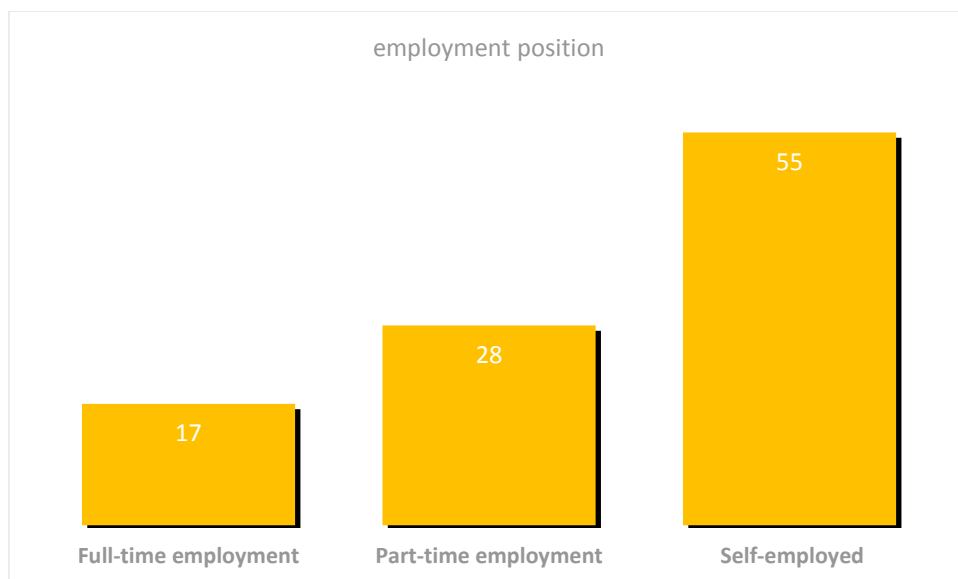
Most 56% of the respondents are 37 to 55 years old. While most 34% of females are 18 to 36 years old as shown in figure-1.

Figure-2: Socio-economic characteristics about educational status ($n=300$)



Fifty (50%) of female respondents were uneducated, while most 21% of females were primary level of schooling and 14% of females were secondary level of schooling respectively (figure-2).

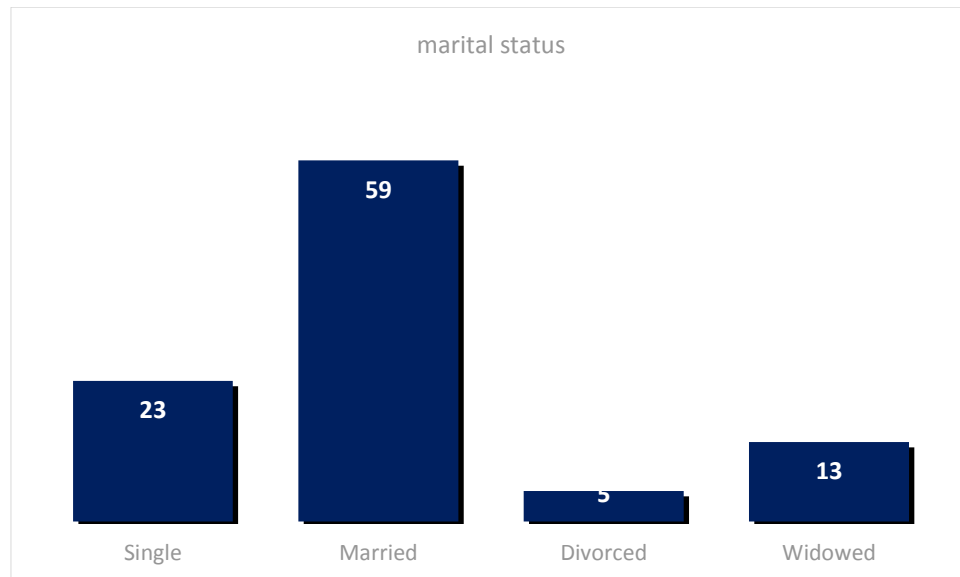
Figure-3: Socio-economic characteristics about employment position (n=300)





More than half 55% of females were self-employed while 28% and 17% of females were part-time and full-time employment respectively (figure-3).

Figure-4: Socio-economic characteristics about marital status ($n=300$)



The results of figure-4 revealed that 59% of females were married and only 23% of females were unmarried respectively.



Table-1: Chi-square test about anxiety among female during COVID-19 period

Anxiety	Value	df	Asymp: Sig. (2- sided)
Violence against female increased due to COVID-19			
Pearson Chi-Square	144.026a	8	.000**
Likelihood Ratio	141.281	8	.000
Linear-by-Linear Association	47.363	1	.000
Phi	.693	-	.000
Cramer's V	.490	-	.000
Domestic ferocity increased due to COVID-19			
Pearson Chi-Square	96.985a	8	.000**
Likelihood Ratio	108.590	8	.000
Linear-by-Linear Association	2.284	1	.131
Phi	.569	-	.000
Cramer's V	.402	-	.000
Female healthcare vulnerabilities increased due to COVID-19			
Pearson Chi-Square	126.237a	8	.000**
Likelihood Ratio	147.500	8	.000
Linear-by-Linear Association	15.866	1	.507
Phi	.649	-	.000
Cramer's V	.459	-	.000
Economic shocks increased due to COVID-19			
Pearson Chi-Square	57.744a	8	.000**
Likelihood Ratio	62.443	8	.000
Linear-by-Linear Association	2.381	1	.123
Phi	.439	-	.000
Cramer's V	.310	-	.000
Unpaid work aspects increased due to COVID-19			
Pearson Chi-Square	140.608a	8	.000**
Likelihood Ratio	157.563	8	.000
Linear-by-Linear Association	41.458	1	.000
Phi	.685	-	.000
Cramer's V	.484	-	.000
No. of Valid Cases = Three hundred (300)			
*Significant at five point alpha level			



Pearson Chi-Square value was tested by using the SPSS. The alpha level was set at 0.05 level of probability. Based on achieved outcome the significance level was calculated by using the Likert-5., scaling, as shown in table table-1. Highly significant were observed on the following variables.

- a. Violence against female increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 144.026a);
- b. Domestic ferocity increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 96.985a)
- c. Female healthcare vulnerabilities increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 126.237a);
- d. Economic shocks increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 57.744a);
- e. Unpaid work aspects increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 140.608a);

In this regard the highly significant differences were found about anxiety among females during COVID-19 period by applying Pearson Chi-square at $p < 0.05$ interval level. Henceforth, it was concluded that the anxiety level was increased among females due to the COVID-19 period.

Economic stresses may be a major root cause of gender-based violence at household level due to the pandemic period. During the COVID-19 period the economic vulnerability are the visible hazard aspects that reflect the negative effects and likely to be upturned in sexual exploitation. On the other hand, the healthcare conditions also impact the female socio-economic condition during the period of COVID-19. However, the social distancing measures, community limitations, joblessness and school closures may also affect female job opportunities to a greater extent.



Table-2: Chi-square test about psychological effect on female due to COVID-19 period

Psychological effect	Value	df	Asymp: Sig. (2-sided)
Depression increased due to COVID-19			
Pearson Chi-Square	48.290a	8	.000**
Likelihood Ratio	48.940	8	.000
Linear-by-Linear Association	.879	1	.349
Phi	.401	-	.000
Cramer's V	.284	-	.000
Anxiety increased due to COVID-19			
Pearson Chi-Square	79.109a	8	.000**
Likelihood Ratio	83.610	8	.000
Linear-by-Linear Association	4.384	1	.036
Phi	.514	-	.000
Cramer's V	.363	-	.000
Stress increased due to COVID-19			
Pearson Chi-Square	60.745a	8	.000**
Likelihood Ratio	67.849	8	.000
Linear-by-Linear Association	6.329	1	.012
Phi	.450	-	.000
Cramer's V	.318	-	.000
No. of Valid Cases = Three hundred (300)			
*Significant at five point alpha level			

Imperative dynamics about psychological effect on females due to COVID-19 period, Pearson Chi-Square value was used as shown in table-2 based on $p < 0.05$ or 0.05 level. Highly statistically variations were found following variables like:

- a. Depression increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 48.290a);
- b. Anxiety increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 79.109a)
- c. Stress increased due to COVID-19 (Pearson Chi-square $p < 0.05$; Value = 60.745a);

By the way, the high differences were observed regarding psychological effects on females due to COVID-19 period by using Pearson Chi-square. From now on, it was determined that due to the COVID-19 the nervousness level of females increased. That affects the female psychological aspects as well.



Conclusions and recommendations

A descriptive type of research was used by using the 300 hundred sample size about female psychological effects and their related consequences due to COVID-19 outbreak in Balochistan. Optimistically, present research was fully supported for the government agencies to take procedures so as to lessen and reduce the psychological impact of coronavirus. Based on study results following need-based recommendations were developed for policy makers and psychologists in order to address the mental health improvement and reduction of psychological effects on females during the period of COVID-19 outbreak. Economic measures and preliminary attention should be given by the government for females to improve the socio-economic condition of females in the period of COVID-19. Provincial government should be activating the diverse initiatives and governmental guidelines for female healthcare conditions and also defend the psychological well-being and develop effective civic strategies for females at grass root level.



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