

EMOTIONAL STABILITY OF AGED PERSONS DURING COVID 19

B Deepika², J Bhavani¹

ABSTRACT

There is a New Public Health Crisis threatening the world with the emergence and spread of corona virus (covid 19) or severe acute respiratory syndrome. This virus originated from other part of countries and was transmitted to humans through unknown fact. There have been reported numerous case of corona virus disease and death rate till date. This study investigates emotional stability of aged persons during covid 19 and to reveal impact of covid as comoroid on aged people. Many adults are also reporting specific negative impacts on their mental health and wellbeing, such as difficulty sleeping or eating and worsening chronic conditions due to worry and stress over the corona virus. Thus ageing has brought with it several physical as well as mental problems and by various methods driven from past literature view and personal gathering from an individuals. So as a researcher aged persons need some mental and care strategies or practices to overcome their emotional stability during their tough time and I conclude aged persons need moral support from their own family and surrounding and In future practices has been evolved to resist the pandemic condition.

KEY WORDS: Emotional stability, Corona virus (covid 19), Comoroid, Mental health.

INTRODUCTION

There is a new public health crisis threatening the world with the emergence and spread of corona virus (covid 19) or severe acute respiratory syndrome. This virus originated from other part of countries and was transmitted to humans through unknown fact. There have been reported numerous case of corona virus disease and death rate till date. The disease transferred though inhalation or contact with infected people and the incubation period ranges from 2 to 14 days.

¹Research Scholar, VIT Business School, Vellore Institute of Technology, Chennai

Email: deepika.b2020@vitstudent.ac.in

²Faculty cum Research Supervisor, VIT Business School, Vellore Institute of Technology, Chennai, Email:

bhavani.j@vit.ac.in

Symptoms are fever, cough, sore throat, breathing problems, etc. The disease is mild in most people but for aged persons it may progress to pneumonia, acute respiratory distress syndrome (ARDS) and multi organ failure. In the current situation, we going to examine impact of Covid 19 on aged persons and it lead to several serious problems. And it goes worst condition in aged persons who having prolonged health conditions. It remains known reason that aged persons are negatively affected by both mental and physical health. One of the major factors is Social

EMOTIONAL STABILITY OF AGED PERSONS DURING COVID 19

isolation imposed during the COVID-19 pandemic and this made researcher to stabilize the emotional well being of aged person.

EMOTIONAL STABILITY-EMOTIONAL STABILITY IS A DESIRABLE TRAIT

Recently, Emotional intelligence (EI) has evolved as one of the major components of emotional adjustment, mental well-being, interpersonal relationships, and overall success in life.

Emotional intelligence is the potential to know the reason about emotions and emotional information, which includes recognizing, understanding and managing feelings in ourselves. Psychologists refer intelligence as mental capacities. Increasing a person's potential to learn something is very difficult, which is why we do not know whether emotional intelligence can improve.

With a small effort you can improve emotional stability with 5 components:

1. Self-awareness: Ability to recognize your emotions
2. Self-regulation: Ability to control your emotions
3. Motivation: Ability to motivate yourself and others
4. Empathy: Ability to identify with and understand the wants, needs, and viewpoints of others Social
5. Skills: Ability to communicate well and to have good personal relationships

OBJECTIVES

- ✓ This study investigates emotional stability of aged persons during covid 19 and to reveal impact of covid as comoroid on aged people.
- ✓ Many adults are monitored negative impacts on their mental health and wellbeing, such as difficulty sleeping or eating and worsening chronic conditions due to worry and stress over the corona virus.
- ✓ To examine how to manage their emotions during pandemic conditions. .

PROBLEM

Aged persons reporting with symptoms of anxiety or depression and stress from past literature of review articles and by personal gathering on individual as a researcher come outs with various statements of problem

1. Mental health due to social isolation-One of major issue is loneliness and being away from their family and belonging.
2. Mental health associate with physical health-Comoroid is a serious health condition when aged affected covid patients already experienced with some other health conditions like blood pressure, diabetic, kidney related problems, heart diseases, lung problems such as smoking, loss of memory and this leads to less immunity power.
3. Lack of awareness-Aged people mental stress leads to death fear due to lack of awareness on pandemic that leads to serious health conditions and major issues especially mental stress and depression
4. Risk factors on Precautionary medicine-Death fear leads to aged one to take precautionary medicine that leads to several health issues

5. Aged factor-Investigation state that young people who affected by covid 19 getting speedy recovery than aged one because of their aged factors and other health issues leads to less consumption of oxygen and severe acute respiratory issues. Thus, Compared to age, normal adult getting affected less and aged persons getting worse because of their health sickness.

METHODS-LITERATURE REVIEW

The following literature reviews are as summarized

- Christopher kim-ming-hui and Michael David kuo et al,Imaging Profile of Covid-19 Infection >Vol.2,No.1 published on Feb 13 2020.Chinese authors find out with Radiographic image of chest scan ,this scale help to identify & investigate suspected cases of covid19 &found out it affect lung periphery.
- Dr. Abhisek Sharma et al, Literature Review on Serious Pandemic Disease-Covid-19 >Vol.3, No.9 (2020) published on Sep 3 2020.He investigated that severe symptoms in most population bit progresses with people of old aged groups having low immunity (other health disorders)leads to lungs problems,pneumonua and oxygen saturation leads to multiple organ failure. He diagnosed presence of virus in secretion of respiratory tracts with help of molecular test.
- Jessica Marian et al, Telehealth Support During Covid-19 for older adults by, Department of Mental health, university of hospital of Malaga, Spain>Vol.22 No.5 (2020) published on May 5, 2020.The aim of study to explore confinement of health and well-being of aged persons with mild Dementia (deterioration of memory and behavior going worse) is due to stress, loneliness, depression, etc. mainly lack of awareness.
- Ali Rismanbaf,Potential treatments for covid-19-literature review >Vol.8, No.1, Mar 2020.He proposed some other medicine are also treating covid 19 positive cases using IC-6 (Tocilizumab).
- In 2020, Gae et al, studied effect of medicine Cholorqurine and Hydroxychloroquine in treatment of covid 19.Effects of this study showed medicine is effective in preventing lung problems like pneumonia promoting a virus negative conversion.
- Losada-Baltar et al, Difference in Anxiety, Sadness, Loneliness and Comorbid Anxiety and Sadness as a Function of age and Self-perception of Aging During Lock-out Due to Covid 19 2020, Vol.55 (5)272-278, published Jun 4 2020.he suggested older adults reported lower psychological anxiety, sadness and loneliness than other age groups especially patients with comorbid anxiety and also he stated negative self-perception of aging damage psychological health irrespective of chronological age.
- In 1988, Goleman had evolved kitchen-sink approach and Emotional Intelligence expanded to resolve mental well-being and he proposed some themes for aged persons to understand their emotional intelligence will reduce isolation and loneliness and it also enhance quality of life and by knowing their strength emotionally can creates way to interact with others and it leads to improve perception of the aging process and how the aged persons may adapt to changing environment.
- Robert.P.Benzo et al, Emotional Intelligence-A novel outcome associate with well-being self-management by >Vol.13(1)10-16,jan 2016.He aimed to investigate association of EI with outcomes of COPD improve quality of life& self-management abilities and how to

EMOTIONAL STABILITY OF AGED PERSONS DURING COVID 19

overcome Age-Related disease using EI to increase well-being and better regulation in patients with chronic diseases.

- Jianzhang et al, Relationship between Meaning in life Death Anxiety in the Elderly People > article No.308, published Nov 12, 2019.He aimed to investigate mediating role of meaning life and death anxiety in Chinese older adults through motivation by possess the cognitive ability & aware of their own mortality.
- Shubhangi.R.parkar, Elderly Mental Health-Needs, Vol.13(1) 91-99, Jan-Dec, 2105. He investigated aging has brought several physical and mental problems than young and also he suggested to develop care meet models for long-term and that enclose institutionalization & to develops efficient therapeutic outcomes for Age-related problems.
- Walid chaouali et al, Journal of services marketing, Vol: 5, No: 1, 65-77, 2021. This study investigate old age people behaviors and aim to diagnose Customers' reactions and their emotions and abilities to cope with stressful situations and how they are achieving problem solving and also EI examined their impact on elderly person responses to service failure.
- Sepulveda Loyola W et al, Journal of nutrition health & aging, June 10, 2020. This study diagnosed the impact of quarantine made changes in lifestyle of old age people due to lack of social interaction, participation in group activities have negatively affected their normal life so to maintain good life especially those who have chronic diseases. Through cognitive strategies and conducting physical activities using online apps and videos and tele-health will able to balance their mental and physical health and also reduce their anxiety, depression, etc.
- Jiska cohen-mansfield, Vol-21, No.4, pp., 209-216, Sep 2020. This study stated that impact of covid 19 radically affected older people and especially in old age home and isolation leads to high risk of illness & morality and this paper suggested various suggestions for care strategies and also facilities needed progress and plan to improve plans of old age homes.
- Kristina M. conroy et al, Vol-24, No-4, pp-257-264, 2020. This paper showed loneliness of elderly people leads to sever health issues and effects of various technological advancement have offered good care and maintain connection and also delivering some acre strategies also reduce loneliness
- Lourdes Rey et al, Dec 20, 2017. This study suggested EI play a vital role in well-being aged people which gives benefits on sources of perceived social support and also EI with older people have higher level of perceived support from friends and family.
- Zainab shahid BS et al, Journal of American geriatrics society, Vol;26, No.5. pp-926-929, May 2020. This study concluded that due to pandemic more morality rate in older adults especially who have comorbidities leads to higher risk of infection. so, government are under medication and vaccination are under investigation.
- Matthew lee smith et al, Vol: 8, Article: 403, July 21, 2020. This study identified that covid 19 pandemic has impact on major health issue and social isolation both protective and harmful situation for older adults and research quoted more awareness by professionals and lay communities will reduce social isolation, loneliness and depression among older adults.
- Rita Gracio, Emerald publishing limited, Vol: 24, No-4, pp.: 313-319, 2020. This paper highlights older people working in museums during tough pandemic covid 19 and

museums take some steps help older people with strategy among three sectors-social and health care and cultural heritage and also conducting online activities to contribute well-being & social inclusion for older people.

- Azam bazooband et al, Geriatric care, Vol; 2:5927, July 2017.This study aims emotional intelligence of elderly person and their effect on group reminiscence therapy and finding stated that dimensions of EI in older adults were enhanced through group therapy and also help elderly people to control their thoughts and emotions by learning problem solving-skills.
- Branimir Margeti et al, Personality and individual differences Vol-175(110691), Jan 2021.This study aimed to show association between covid 19 related distresses psychologically and its predictive factors. And researcher suggested that government will take steps on promoting preventing coping style and social interaction as preventive measure and therapeutic actions to be follow by general public.
- Carole Cox, Journal of Gerontological social work, Vol; 63, No-6-7.611-624, Aug 2020.This study aimed to show covid 19 made worst impact on lifetime social injustices on older adults and finding of this paper mission is grounded in social change and work with more interventions that promote policies, resources and service which benefits to all group irrespective of age, race and gender to create equal in society.
- Iraida Delhom et al, Springer science, June 1, 2017. This study examined that the association among emotional intelligence, depressed mood and coping are measured through SEM model in elderly people and results suggested that role EI can be a good indicator for psychological adjustment and cope up their emotions associated with good mental health and also improve good quality of life in older people.
- Clarie A Wilson et al, Journal of aging &mental health,pp:22-42,Feb 24,2017.The present study explores the link between traits of EI and resiliency with self-reported mental health in older adults and finding showed that implications for positive mind made effective for improving the life of quality older adult
- Sima Zach et al, European review of aging &physical activity, Vol: 18:5, 2021.This research examined the different age groups and their healthy and active lifestyle but currently elderly persons death rate are more compared other age groups so findings stated that social distancing affects older adults and fear of infection of virus which is source for stress. After lockdown people habits are changed and reason for death for older adults found to be inactivity and poor weight control so people who performing physical activity will gain good benefits both physically and psychologically.
- Sima Razaghi et al, Salmand Iranian journal of ageing,Vol:14,Issue-4,Jan 1,2020.This study aimed to investigate the mediating between role of physical activity and association of EI with PWB and results clearly stated association between EI and PWB with physical activity is positive mediating role which encourage elderly people to do physical activity will enhance their emotional and mental health and that helps to a happy healthy and active old age

As a Current Researcher investigate various strategies to extend the awareness of how aged persons contribute to emotional management of their lives.. But how do you teach Emotional Intelligence? Emotional Intelligence provides the chance to interact with and alter the ways during pandemic situations. Thus ageing has brought with it several physical as well as mental problems and by various methods driven from past literature view and personal

EMOTIONAL STABILITY OF AGED PERSONS DURING COVID 19

gathering from an individuals. It makes an extensive research, will emphasize the interactive nature of blended support aged persons in various aspects of Emotional Intelligence.

DISCUSSION-CARE STRATEGIES

This study encountered the effects of the COVID-19 pandemic on well-being of aged persons. Researcher aim is to determine some of the level of anxiety, stress, loneliness and social distancing, etc. during COVID-19.

The few studies believe that emotional knowledge and functioning can be enhanced in older adult

- ❖ Understanding Emotional Intelligence can contribute to reducing isolation and loneliness in the aged persons through the event of cluster activities and social communities.
- ❖ Emotional Intelligence is a tool that enhances quality of life and contributes to improved mental and physical health.
- ❖ By identifying their own emotional strengths and weaknesses and emotionally intelligent individual's especially aged persons can create a positive contribution to their community.
- ❖ Emotional Intelligence creates opportunities to judge how people able to interconnect with others.
- ❖ The progressive development of Emotional Intelligence will improve individual perception on aging process and how the Elderly may adapt to changing environment to face pandemic conditions.

Thus, Emotional Intelligence helps you to examine things from a unique perspective, helping to find different solutions based on rational thinking to control their mental health and as a researcher I will suggest Aged person need good moral support through some mentoring sessions, Self-care motivation training and Awareness program about Current situations in channel media.

CONCLUSION

The COVID-19 pandemic negatively affected aged persons mental health and social well-being in temporary period and long-term impacts have to be considered. Advantage of being emotionally intelligent is to identify their emotions and make you to obtain positive results people will become more emotionally intelligent. As a researcher I will conclude emotional intelligence help you to aware of what make you differentiate your changing emotions and can easily able to modify the mental health based on changing environment especially for older adult during pandemic situations and also able to view from a different perspective and different solutions may be found. Apart from that aged persons or other young adult can easily able to determine whether they are with full positive or negative emotions/behaviors and recognizing the thins make them to feel well and happy. Using positive feelings at old age will help them to improve their feelings and relationship with others including family, friends and career and I conclude aged persons need moral support from their own family and surrounding and In future practices has been evolved to resist the pandemic condition.

REFERENCES

1. Aarts, S., Peek, S. T., & Wouters, E. J. (2015). The relation between social network site usage and loneliness and mental health in community-dwelling older adults. *International Journal of Geriatric Psychiatry*, **30**(9)
2. Armitage, R., & Nellums, L. (2020). COVID-19 and the consequences of isolating the elderly. *The Lancet Public Health*.
3. World Health Organization. 2020 Mar 18. Mental health and psychosocial considerations during the COVID-19 outbreak URL: <https://www.who.int/publications-detail/WHO-2019-nCoV-MentalHealth-2020.1>
4. Wang H, Li T, Barbarino P, Gauthier S, Brodaty H, Molinuevo JL, et al. Dementia care during COVID-19. *Lancet* 2020 Apr;
5. Hawton A, Green C, Dickens AP, Richards SH, Taylor RS, Edwards R, et al. The impact of social isolation on the health status and health-related quality of life of older people. *Qual Life Res* 2011 Feb; 20(1):57-67.
6. Christopher kim-ming-hui and Michael David kuo et al, Imaging Profile of Covid-19 Infection >Vol.2, No.1 published on Feb 13 2020.
7. Dr. Abhisek Sharma et al, Literature Review on Serious Pandemic Disease-Covid-19 >Vol.3, No.9 (2020) published on Sep 3 2020.
8. Jessica Marian et al, Telehealth Support During Covid-19 for older adults by, Department of Mental health, university of hospital of Malaga, Spain>Vol.22 No.5 (2020) published on May 5, 2020.
9. Ali Rismanbaf, Potential treatments for covid-19-literature review >Vol.8, No.1, Mar 2020.
10. In 2020, Gae et al, studied effect of medicine Chloroquine and Hydroxychloroquine in treatment of covid 19.
11. Losada-Baltar et al, Difference in Anxiety, Sadness, Loneliness and Comorbid Anxiety and Sadness as a Function of age and Self-perception of Aging During Lock-out Due to Covid 19 2020, Vol.55 (5)272-278, published Jun 4 2020.
12. Robert.P.Benzo et al, Emotional Intelligence-A novel outcome associate with well-being self-management by >Vol.13 (1)10-16, Jan 2016.
13. Jianzhang et al, Relationship between Meaning in life Death Anxiety in the Elderly People > article No.308, published Nov 12, 2019.
14. Shubhangi.R.parkar, Elderly Mental Health-Needs, Vol.13 (1) 91-99, Jan-Dec, 2015.
15. Walid chaouali et al, Elderly Customers' reaction to service failure: The role of future time perspective, wisdom and Emotional intelligence, journal of services marketing, Vol: 5, No: 1, 65-77, 2021.
16. Sepulveda Loyola W et al, Impact of Social isolation due to covid-19 on health in older people: mental and physical effects and recommendations, journal of nutrition health& aging, June 10, 2020.
17. Jiska cohen-mansfield, Covid-19 and older adults in Israel-common challenges and recommendations, quality in ageing and older adults, Vol-21, No.4, pp., 209-216, Sep 2020.
18. Kristina M. conroy et al, Technological advancements to address elderly loneliness: practical considerations and community resilience implications for covid 19 pandemic, working with older people, Vol-24, No-4, pp-257-264, 2020.

EMOTIONAL STABILITY OF AGED PERSONS DURING COVID 19

19. Lourdes Rey et al, Clarifying the links between perceived Emotional intelligence and well-being in older people: pathways through perceived social support from family and friends, *applied research quality life*, Dec 20, 2017.
20. Zainab shahid BS et al. Covid 19 and older adults, *Journal of American geriatrics society*, Vol; 26, No.5.pp-926-929, May 2020. Matthew lee smith et al, Combatting social isolation among older adults in a time of physical distancing: the covid 19 social connectivity paradox.Vol:8, Article: 403, July 21, 2020.
21. Rita Gracio, Museums working with older people in times of pandemic, *Emerald publishing limited*, Vol: 24, No-4, pp.: 313-319, 2020.
22. Azam bazooband et al, A Study of group Reminiscence therapy and Emotional intelligence among elderly members, *geriatric care*, Vol; 2:5927, July 2017.
23. Branimir Margeti et al Predicators of emotional distress during covid 19 pandemic: A Croatian study, *personality and individual differences* Vol-175(110691), Jan 2021.
24. Carole Cox, Older adults and covid 19: social justice, disparities and social work practice, *journal of Gerontoloical social work*, Vol; 63, No-6-7.611-624, Aug 2020.
25. Iraida Delhom et al, Does Emotional intelligence predict depressed mood? A structural equation model (SEM) model with elderly people, @springer science, June 1, 2017.
26. Clarie A Wilson et al, The Relationship between trait Emotional intelligence, resiliency and mental health in older adults: the mediating role of savoring, *journal of aging &mental health*, pp.: 22-42, Feb 24, 2017.
27. Sima Zach et al, Physical activity, Resilience, Emotions, moods and weight control of older adults during the covid-19 global crisis, *European review of aging &physical activity*, Vol: 18:5, 2021..
28. Sima Razaghi et al, The mediating role of physical activity In the relationship of Emotional Intelligence(EI) with psychological well-being(PWB) in elderly people, *Salmand Iranian journal of ageing*, Vol:14,Issue-4,Jan 1,2020.