

A Relationship Between Resilience and Mental Health Among Covid-19 Survivors

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Abstract

In 2020, COVID-19 first appeared in Wuhan, China. Covid-19 affects the world at the global level. This pandemic disrupted lives and communities by having a significant negative impact on people's physical and mental health. Resilience helps individuals to bounce back from the crisis. The study examines the connection between COVID-19 survivors' mental health and resiliency. A sample of 100 people, 50 of whom were men and 50 of whom were women, between the ages of 30 and 50, was examined. Some measures have been used such as the Resilience scale by Wagnild and Young (1993) consisting of 25 items and the Mental Health Inventory by Veit and Ware (1983) consisting of 18 items. Resilience and mental health were found to be significantly positively correlated by statistical tests, including an independent t-test and product moment correlation. Research indicates that resilience lowers psychological suffering in addition to improving mental health. Additionally, gender variations were noted, with men scoring higher on mental health measures and women showing better resilience levels. These findings emphasize how crucial it is to build resilience in order to support mental health, especially in times of international health emergencies. Future studies could examine other variables affecting this association in a variety of demographics.

Keywords: Resilience, mental health (MH), physical health, covid-19 survivors, pandemic

INTRODUCTION

Unusual cases of pneumonia-like COVID-19 were reported in December 2019 at the hospital in Wuhan City, China. At one point, COVID-19 was known as the "2019 Novel Coronavirus" or "2019-n-CoV." The letters CO, VI, and D stand for "corona," "viruses," and "disease." This is the abbreviation for the coronavirus. Coronavirus comes from the Latin word "coronavirus," which meaning "crown". The term refers to the virus's peculiar "microscope"-like appearance as spherical particles with a rim of projections that mimic the solar corona. In 1965, humans made the first identification of the coronavirus. Coronavirus is a positive-sense, single-stranded, encapsulated virus. The coronavirus pandemic is a global health emergency, according to the World Health Organization. Coronaviruses, which belong to

the "Coronaviridae family," cause mild respiratory diseases in people. Clinical studies demonstrate that common symptoms of coronavirus are fatigue, dry cough, and fever are among the peoples. On the other hand, such as aches and pains, nasal congestion, diarrhea, issues with taste and smell, respiratory, and more are the unusual symptoms of new coronaviruses [1].

RESILIENCE

The 'Resilience' word comes from the Latin verb which means 'resilire', or 'to leap back' formed from the element 're' which represents the backward movement, and the aspect 'salire' which means 'bouncing back' or 'jump up'.

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"Resilience is one's ability to bounce back or recover from any trouble, negative life events, resist illness, and flexibility to adapt to new circumstances to maintain their psychological health [2]."

Masten, (2007) shows that resilience serves as a buffer in achieving favorable outcomes from risky circumstances, adjusting to difficult life events, maintaining development, and being prepared for future risky situations [3]. Zhang et al. (2022) demonstrate that resilience is a worldwide measure of one's ability to respond to catastrophic situations and grow personally in stressful situations [4].

Mental Health

The mental health concept can be described as the presence of psychological well-being, feeling happy, enjoyment, and interest in life in addition to the absence of the conventional symptoms of psychopathology like anxiety, stress, and depression.

The World Health Organization (2014) defines mental health as "a state of well-being in which every individual realizes his or her potential, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to her or his community."

A sense of dignity, physical well-being, positive self-perception, emotional, intellectual, and spiritual development, and interpersonal harmony all aspects are regarded as indicators of mental health [5]. When an individual suffers from a natural disaster, pandemic/outbreak, or significant traumatic event it affects the psychological health, MH, and emotional health [6]. Fergert et al. (2020) found that in adolescents some psychological issues such as anxiety, worry, feelings of stress, helplessness, and absence of motivation have been reported as the consequence of covid-19 outbreak [7].

RESILIENCE AND MENTAL HEALTH

A meta-analysis has been conducted and found that resilience mitigates the negative effects of crisis and promotes MH by accelerating recovery [8]. Li et al. (2021) conducted a study on 23,192 adults and reported that resilience and MH are positively correlated with each other [9]. A study conducted on 1758 participants aged ranges from 18-80 years found that resilience plays a protective role that decreases stress, obsessive thoughts, and anxiety about the coronavirus pandemic. Resilience also promotes positive health during a stressful situation [10].

The improvement of mental health conditions among psychiatric patients and general populations is significantly impacted by resilience, a critical protective factor in mental health that would guard against detrimental psychological effects and increase resilience in the face of the COVID-19 pandemic [11]. Gomez et al. (2022) conducted a study on 253 participants and the results show that a greater level of resilience leads to decreased levels of anxiety, depression, and stress [12]. When a relapse occurs, resilience moderates the effects of COVID-19 on MH.

Shi et al. (2022) conducted a longitudinal cohort study on 7,958 Chinese participants and reported that resilience has been found an essential protective factor that reduces MH issues and recovery of MH, during the outbreak [13]. Lee et al. (2013) show that there was a significant relationship between resilience and MH, and also found that more resilient people had better MH [14].

Objective

To look into the connection between COVID-19 survivors' resilience and mental health.

Hypotheses

Among COVID-19 survivors, resilience and mental health will be positively correlated.

METHODOLOGY

Sample

COVID-19 survivors were the target population of the study. The current research has been conducted on a sample size of N=100 subjects and further divided into 50 males and 50 females. The age range of

participants was 30-50 years. The target population of the study was covid-19 hospitalized patients. The sample is collected from the different cities of Haryana like Bhiwani, Hisar, Jind, Rohtak, Karnal, and Panipat.

Procedure

Purposive sampling was used to complete the sample. A list of admitted patients was collected from the different civil hospitals. Data was gathered at their convenience once the participants' consent was obtained. The test could be administered solo or in groups.

Statistical tools

Statistical tools such as descriptive statistics (Mean, S.D), independent t-test and product moment correlation have been used to analyze the data.

Tools

1. *Resilience scale*: Personal competency, Family coherence, social competence, personal structure, and social support are the five sub-domains of the resilience scale that are evaluated by this measure. The resilience scale consists of twenty-five items on a 7-point Likert scale. The measure's construct validity, test-retest reliability, and internal consistency are all strong points.
2. *Mental Health Inventory*: During the national health insurance program, Veit and Ware (1983) administered the mental health inventory [15]. Anxiety, depression, positive affect, and behavioral control are the four sub-dimensions of the mental health inventory. The 18 items on the 6-point Likert scale make up the MHI. The mental health inventory's psychometric qualities are good.

RESULTS

In the present study sample size of N=100 participants, and patients were been taken randomly sample, and a strong relationship was examined between resilience and MH. The mean age of the females is 38.41 and the mean age of males is 42.21. A descriptive analysis of the variable has been examined between resilience and MH.

Table 1. Mean and standard Deviation.

	Gender	N	Mean	SD	Std. error mean
Resilience	Female	50	1.27	24.23	3.42
	Male	50	1.24	37.11	5.24
MH	Female	50	70.24	11.44	1.61
	Male	50	73.46	12.63	1.78

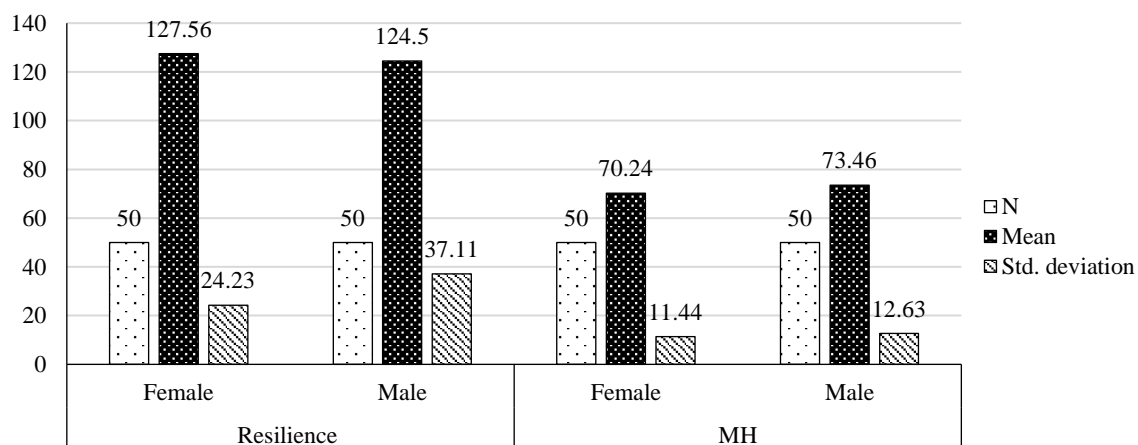


Figure 1. Mean and Standard Deviation.

According to Table 1, the average score for males on the resilience variable is 1.24 (standard deviation = 37.11), whereas the average score for females is 1.27 (standard deviation = 24.23). Females' mean score is high on the variable Resilience. The mean score on the variable MH is 70.24 (standard deviation= 11.44) among females and the mean score among males is 73.46 (standard deviation= 12.63). Males' mean score is high on the variable MH. Females score high on the variable resilience and males score high on the variable MH.

Figure 1 shows the mean score on the variable resilience and MH. This graph shows the results that females score high on the variable resilience. And males score high on the variable MH.

Table 2. Independent t-test for Resilience and Mental Health.

	Mean difference	Std. error of difference	t-value	DF	P value
Resilience	3.06	6.26	.488	98	.627
MH	-3.22	2.41	-1.33	98	.185

The results show that Table 2 mean difference score on the variable resilience is 3.06 ($t=.488$, $P<.627$) which is not significant. The mean difference score on the variable MH is -3.22 ($t=-1.33$, $p<.185$) which is also not significant. Females score high on the variable of resilience with a mean difference score of 3.06 which is found not significant. Males score high on the variable MH with a mean difference score of -3.22 which is also not significant. No significant difference has been found between the variables resilience and MH, which shows that not any gender difference has been found between

Table 3. Correlation matrix for showing the relationship between Resilience and Mental Health.

	Resilience	MH
Resilience	1	.404**
MH	.404**	1

** significant at 0.01 level (2-tailed)

Results as shown in Table 3 results show that the correlation coefficient between resilience and MH is .404, which is significant at the $p<.01$ level which demonstrates a moderate positive relationship between resilience and MH. Results show that there is a moderate positive relationship has been found and is significant at the .01 level (2-tailed).

DISCUSSION

The study aims to investigate the significant relationship between resilience and MH among covid-19 survivors. The results depict that there is a positive moderate correlation has been found between the variable resilience and MH, so hypothesis 1, "There will be a positive relationship between resilience and mental health among COVID-19 survivors" is accepted which shows that as resilience enhances the level of MH is also increases. Resilience helps to bounce back from the adverse situation and boost the MH of the individual. Li et al., (2021) conducted a study on 23,192 participants and found that there is a positive relationship has been found between the variables resilience and MH.

The results demonstrate that our hypothesis 1 is accepted which shows that a positive relationship has been found between Resilience and MH. A significant positive relationship shows that a highly resilient individual tends to have good MH and a decreased level of resilience is associated with increased MH issues such as anxiety, depression, and stress.

Lee et al. (2013) demonstrate that resilience is positively correlated with the indicators of MH, like subjective well-being, positive emotions, and life satisfaction [14]. Resilience is negatively correlated with the indicators of MH issues like depression, anxiety, and negative emotions.

CONCLUSION

COVID-19 has emerged from China and spread worldwide in 2020. The coronavirus affects the physical health, psychological health, economy, and social life. The fatality rate of COVID-19 is very high. During the quarantine fear of COVID-19, being infected from the virus, severity of the virus, feeling alone, increased fatality rate, and fear of loss of their loved one are the major concerns among the general and specific populations. These concerns relate to the impact of the coronavirus on people's mental health. Resilience works as a protective factor that helps to improve psychological health and mental health.

Resilience helps to play a protective role in reducing MH issues like stress, anxiety, and depression. Resilient people recover more quickly from adversity. Our research indicates that MH and the variable resilience have a strong positive correlation. Females score high on the variable resilience and males score high on the variable MH. As resilience increases it will also tend to increase mental health. Resilience helps to bounce back from the worst situation and promotes MH and be positive.

Implication of the Study

The purpose of the study is to evaluate the connection between mental health and resilience. and the results show that there is a moderate relationship has been found between resilience and mental health which shows that as the level of resilience increases the level of mental health also increases. Whenever an individual faces any difficulty in life resilience helps them to bounce back from the adverse situation and it enhances the good mental health of an individual. The study will help those individuals who face adversity frequently in their lives. More resilient people will easily decrease their mental health issues and promote their mental health.

Limitations

The broad COVID-19 population can also be compared to specialized populations. The study employed a tiny sample size. A greater sample size can be employed for future research to boost the study's efficacy. The different age groups of the individuals can also be compared.

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