

## Effect of Lockdown on Mental Health of Daily Wage Workers

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### ABSTRACT

The pandemic of the Corona virus is having a significant influence on the daily wage society's living standards. This study reveals around the standard of living for daily wagers during the blocking period. Affecting not only human lives but also the economy and way of life. The economically disadvantaged and vulnerable groups have borne the brunt of the population's hardship. Within India, a large number of people earn daily pay for basic jobs in the service, sales, construction, and household industries. In general, they face discrimination, exploitation of workers' rights, and employment insecurity. COVID - 19 has brought these issues to a new level of prominence. The country's highest court took notice of the situation and directed the governments to address the daily wage employees' immediate requirements. During the ongoing COVID pandemic, this article seeks to highlight the mental health issues of daily wage workers in many occupations. The post concludes with several suggestions. This is review article we use many references and there methodology to make our article. We use two brief screening instruments: the Patient Health Questionnaire-2 (PHQ - 2) and the Generalized Anxiety Disorder- 2 (GAD - 2.). Both of these scales have been successfully used to screen for sadness and nervousness in various studies.

### KEYWORDS

Daily wage workers, Lockdown, Livelihood, COVID pandemic, Mental health issue

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## INTRODUCTION

Corona virus is a pandemic disease that has affected everyone for no reason and recognizes no color, religion, cast, language, literacy, business people, occupations, community etc. Everyone knows that this virus was first detected in Wuhan City, Hubei Province, China, and named a person as a COVID - 19 patient on 17<sup>th</sup> October 2019.<sup>1</sup> It then slowly began to affect the countries of the borderless world. In this order, when India was about to be affected by the COVID - 19 virus, the Indian government decided to implement Lock Down / Shutdown from 25<sup>th</sup> March 2020 to 14<sup>th</sup> April 2020 for the first time and it spread again from 15<sup>th</sup> April 2020 to 17<sup>th</sup> May 2020. In case of COVID - 19 lockdown again in April 2021 due to new variant of corona virus.<sup>2</sup> This Lock Down system serves to guarantee people's lives by preventing them from the Coronavirus. The Government of India's Ministry of Health and Family Welfare has taken a number of efforts to address the mental health issues raised by COVID-19, including the formulation of different guidelines in partnership with the National Institute of Mental Health and Neuroscience.<sup>3</sup> The guidelines seek to improve vulnerable groups' resilience to mental health challenges. A helpline for behavioral and mental issues has also been established by the ministry of health and family welfare.<sup>4</sup>

## LITERATURE REVIEW

### Mental Health

According to the World Health Organization "A condition of well-being in which an individual recognizes his or her own potential, can manage with typical stressors of life, can work successfully and fruitfully, and can contribute to his or her community," according to the National Institute of Mental Health.

### Daily Wage Worker

Day workers are called contract workers, day workers, and sub-contractors, casual and seasonal workers. People involved in building construction, housework, dry cleaning, picking up rags, playing traditional instruments, cooking, hairdressing (barbers), cleaning pots at tea stalls and mini Tiffin centers, tailoring, beautician jobs, plumbing, paints, brick Work, peddling, machine shops, weightlifting at the train station and market, and other types of contract work are called daily wage workers.

By day wage workers, we mean workers who work in different categories such as contract workers, casual workers and daily wage workers for completing jobs on an hourly / day / week / unit / quantity basis. According to the Apprenticeship Act of 1961, "worker means any person who is employed for a salary in any kind of work and who

receives pay directly from the employer, but does not include an apprentice".<sup>5</sup>

### COVID-19's Impact on the Livelihood of Low-Wage Workers

The days of freezing / closing affected the entire Indian economy. All types of industries such as hotels, transportation (roads, airways and maritime), automotive sectors, electronics sectors, chemical sectors, IT sectors, tourism, textiles, film industries and even agricultural industries have been affected due to unusual conditions. There is no doubt that all of these sectors are the lineage of the Indian economy and can be raised with a concrete plan. But very harmful and sad is that these days of closing have completely changed the standard of living of the people who belong to the society of wage workers to the limit of waiting even for a cup of tea at least once day. This research article is the result of studying the standard of living of that particular group of people (Daily Wage Workers).<sup>6</sup>

Building construction, home maintenance, dry cleaning, rag picking, playing traditional instruments, cooking, hairdressing (barbers), cleaning containers at tea stalls and mini Tiffin centers, waste collection, street vending, mechanical workshops, supermarkets, retail stores, weightlifting in the market offers employment opportunities to wage workers.<sup>7</sup> But the periods of confinement disrupted the functions of all those places and thus totally closed the lives of day workers without food, money, routine medicines and to meet the needs of children.

### Impact on Lockdown on Mental Health of Daily Wage Worker

As a rapidly spreading sickness, the COVID 19 pandemic has elicited a slew of unpleasant cognitive processes in the vulnerable population's emotions and feelings. As a result, the COVID - 19 pandemic has the potential to produce chronic psychological symptoms such as sadness, anxiety, panic disorder, and psychosomatic manifestations, in addition to the harmful impacts on physical health.<sup>8</sup> During India's lockdown, statewide unexpected travel bans, a shortage of Labour that left workers without the financial means to cover per day meals bills, and High levels of anxiety were caused by quarantine rules, which led to socially irresponsible behavior and panic episodes among daily wage workers.<sup>7</sup>

Even before the COVID - 19 era, laborers had a higher rate of mental health problems than non-daily wage workers. The mental health of rural-to-urban daily wage workers is worse than that of people in destination towns and their rural counterparts in emigration societies.<sup>4</sup> This demonstrates that nomadic experience is detrimental to mental health. There is also a tendency for major mental health concerns among

persons who have previously suffered from psychiatric conditions, most likely as a result of the pre-existing or latent illness being triggered throughout unexpected breakouts.<sup>6</sup>

### METHODOLOGY

The current paper is a narrative review of the available research on COVID-19-related mental health symptoms and treatments. In the PubMed electronic database, the search terms "new coronavirus," "COVID-19," "nCoV," "mental health," "psychiatry," "psychology," "anxiety," "depression," and "stress" were used in various permutations and combinations. The data was gathered using a simple random sampling technique. Agriculture, Masonry, Housekeeping, Hotel Workers, Two-Wheeler & Four-Wheeler Mechanic, Weight Lifting (Market Place), Painting & Plumbing, Super Market / Retail Shop Work, Tea Stall & Mini Tiffin Centre, Saloon (Hair Dressing), Street Selling, Driver (Auto, Taxi, Load Vehicle), Tailoring, and other daily wage workers were all covered by the sampling units. Using this strategy, a total of 22 citations were found. This review included the remaining 20 papers.

Because a proper methodical analysis or meta-analysis was not possible due to the nature of the above publications, a narrative review was conducted, prioritizing the few observational studies that were available and briefly brief the key themes from the other publication categories. Across the 20 publications, four key topics were discovered and in the habit of arrange the review: (a) observational trainings on psychological well-being indicators in specific populaces, (b) general explanation and communication on COVID-19's psychological impact on the populace, (c) general explanation and communication on COVID-19's impact on daily wage workers, and (d) general observation and communication on approaches of providing psychological healthiness precaution throughout the COVID - 19 occurrence.

The following instruments were used to evaluate them. To assess sadness and anxiety, we employed two short-term selection tools: the Patient Health Questionnaire-2 (PHQ-2) and the Generalized Anxiety Disorder - 2 (GAD-2) both of these scales have been successfully used to screen for sorrow and stress in various studies. The Depression Anxiety stress Scale-4 (PSS-4) was selected to evaluate apparent anxiety since it has been found to be the most useful and practical in conditions requiring a brief survey, such as a telephonic discussion. The emotional and behavioral reactions to the imprisonment were also investigated using a self-created questionnaire. A professional Clinical Psychologist administered these questionnaires to all of the participants.

### RESULTS

This review article based on daily wage workers or laborers, all of whom were of males and female. The majority of those who took part were married. On the PHQ - 2, roughly a third of the individuals tested optimistic for sadness, whereas the GAD - 2 revealed that nearby part of the participants tested positive for anxiety. On Only about one-fifth of the subjects were found to be depressed. Nearly half of those who took part in the study tested positive for both anxiety and sadness. Approximately three-quarters of the participants tested positive for at least one psychiatric illness. About two-thirds of the participants on the self-designed survey indicated an important rise in loneliness. A considerable rise in tautness, hindrance, short humor, impatience, and dread of death was reported by more than half of the individuals. Fear and social isolation were two additional prevalent responses. The subjects' social connectivity and sleep were both significantly reduced. To overcome this, a tailored method is essential to guarantee that community-based psychological well-being facilities are available to them. For our government and its institutions, this will be a major task. To meet this problem, the Indian Psychiatric Society must collaborate with the institutions.

### DISCUSSION

In many places of India, daily wage laborers make up a major portion of the workforce. Daily wage workers in the informal sector are not covered by any employer's community safety or protection programme, and are thus considered a neglected workforce, with just a few, insufficient laws, such as 'The Construction and Other Building Workers Act, 1996,' to protect them from corruption.<sup>9</sup> Many of these employees have little job security and are paid on a daily basis or on a fixed pay. According to several of these studies, the current scenario will cause a great deal of tension and anxiety among daily wage workers. With this in attention, the current study looked at the mental health of daily wage workers when a lockdown was implemented because to the COVID - 19 epidemic.<sup>10</sup> According to the findings, over three-quarters of the individuals (73.5 %) tested positive for depression or anxiety. Every daily wage worker who tested confident for nervousness also tested confident for sadness, indicating a great level of co - morbidity.<sup>11</sup> Furthermore, nearly one-fifth of the subjects tested positive for depression alone. Furthermore, a large amount of members stated an increase in bad feelings and sentiments such as aloneness, tension, irritation, bad attitude, touchiness, panic, dread of death, and community separation on the self-designed questionnaire.<sup>12</sup> These results indicate that the lockdown and ongoing pandemic are having a severe bad influence on daily wage workers' psychological well-being.<sup>13</sup> When compared to the findings of the NMHS (Murthy, 2017), which indicated a communal occurrence of

psychological illness of 10.6 % for sadness and nervousness, it can be argued that screen positive in the current study was around 7 times that of the NMHS, indicating an obvious deterioration in mental health.<sup>14</sup> Furthermore, the results are twice as good as those of an online poll of the general public conducted throughout the lockdown. Another noteworthy conclusion from this study is that, when compared to the results of an online poll taken during the lockdown, a higher number of people tested positive for sadness than for stress.<sup>15</sup> These modifications may indicate that people from different socioeconomic classes have different psychological responses. Persons of internal and advanced salary may have been included in the online survey, and they may have experienced higher levels of worry as a result of the ongoing pandemic.<sup>16</sup> However, in the current training, a much greater number of people experienced both sadness and nervousness. Even when persons from different socioeconomic categories are confronted with the same epidemic and lockdown, an advanced risk of sadness could be due to a difference in the type of stress they are experiencing.<sup>17</sup> This high-level negative influence on daily wage employees' psychological well-being can be seen in a variability of habits. First and foremost, they have lost their source of income; leaving them in a state of financial insecurity and fear about the future.<sup>18</sup> This research does have some limitations. Because the current study relied on brief screening instruments with poor reliability and validity, the findings must be interpreted carefully.<sup>19</sup> However, during the pandemic, we used these scales to make the interviewing and assessment process goes more quickly.<sup>20</sup> A more comprehensive questionnaire and better scales with adequate validity and reliability could have yielded more accurate results. The evaluation was cross-sectional, with no consideration given to particular current stresses, coping techniques, or other considerations. These limitations must be addressed in future research. Other confounding factors were not considered such as a past of mental health problems, drug addiction, or physical illness.

### CONCLUSION

During the lockdown due to the Corona virus epidemic, the effect of COVID-19 on day-to-day workers is the proper reasoning from the researcher's point of view. Salaried workers typically confront a slew of issues, including inconsistent work and an imbalanced wage structure. Day workers swim against the current and live their life in all of these inevitable severe conditions. However, the sudden death of new lives and the pandemic death of COVID-19 have completely closed the lives of people who are without work, income, food, security, or drugs, and have created a social, psychological, and emotional trauma crisis. Lone, inexperienced, uneducated regular salary workers by more ages of relocation and a lack of shelter and hygiene had much worse mental health. According

to a 2018 NCRB data, 22.4 percent of regular salary employees commit suicide, with Maharashtra reporting the most perversities, Tamil Nadu, West Bengal, Madhya Pradesh, and Karnataka are the next states in line. As an outcome of the outbreak of COVID 19, which is caused by a variety of multidimensional factors, many of which act simultaneously to cause physical, mental, and socioeconomic hardships, Routine wage employees are especially susceptible to the development of severe, acute, and chronic mental health problems. In this review article we find the various mental health issues in the daily wage worker due to COVID - 19. Because in COVID scenario govt. has lockdown in the all construction work as well as daily needs shop. Daily wage worker earn daily basic in their work but at time of lock down they lost their job and they not fulfill their daily need for house. In this case they have various mental health problems like frustration, stress, tension. Anxiety, depression sleep disturbance and all other mental health issue. In our review paper we refers various article related to study of mental health issue of daily wage workers. After reading all relevant articles for my review paper and there result we finally conclude this issue. All state and central govt. make any financial policy for daily wage workers to lose their job problem. Because all mental health issue occurs there lost job and there family condition for daily living things. In such condition few people decide suicidal attempt or other wrong things there life. In this condition psychological counseling or guides are more important for the population.

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