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NEED OF PSYCHOTHERAPY DURING SITUATIONS LIKE PANDEMIC

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Abstract:

During this quarantine period we all got locked up in our homes nowhere to go. Everyone experienced the environment we never thought we will. In Indian society therapy is always been a side-lined subject, it is always looked as rich people privilege. But during this pandemic we all somewhere felt the need of therapy, everyone wanted someone to talk to, somethings college students can't discuss with parents and friends. We will get the opinion of college students and figure out what are their perspective on Psychotherapy.

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I.   INTRODUCTION

In Indian society therapy has always been a side-lined subject, it is always looked at as a rich people thing. This pandemic has caused a lot of mental and health issues among the people all around the world. Psychotherapy has given us the hope to counter this pandemic and to remove all the health and mental issues. The practice of psychotherapy in India is moving towards integration of divergent theoretical approaches. Our Research will scope around how psychotherapy helped in pandemic times. We will also take the views of people about contactless/remote psychotherapy sessions.

II. NEED FOR THE STUDY

During this quarantine period we all got locked up in your homes with nowhere to go, everyone experienced the environment we never thought we would. In Indian society therapy has always been a side-lined subject, it is always looked at as a rich people thing. But during this pandemic we all somewhere felt the need of it, everyone wanted someone to talk to, something college students can't discuss with parents and friends. We will get the opinion of other college students and figure out their perspective on this.

III. SCOPE OF THE STUDY

The COVID-19 pandemic has really been seen as the curse for humans in this decade and this pandemic has caused a lot of mental and health issues among the people of all around the world. Psychotherapy has given us the hope to counter this pandemic and to remove all the health and mental issues. Our Research will scope around how psychotherapy helped in pandemic times. We tried to explore all the difficulties faced by the psychotherapist during this hard time, the surveys which showed the fear among the psychotherapists of different countries. We also tried to explain how the psychotherapy will now be contactless and can be done remotely in different parts of the world. Our research also focused on different psychotherapy benefits and their influence on the people during this pandemic time. On a whole our research will try to cover all the aspects of psychotherapy during this novel coronavirus (COVID-19).

IV. OBJECTIVE

The global pandemic had a substantial disruptive impact on society and its prolonged, complex

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repercussions will present challenges as well as opportunities to the provision of mental health services. Since Italy was one of the first countries to be affected largely by the pandemic, they decided to modify the mode of treatment to combat the rapid spread of the virus. Therefore, remote psychotherapy boosted by a unified strong sense of solidarity among people was the better alternative to counteract bad temper and spread positivity/optimism during the crisis. After assessing various reviews and scholarly articles 23 and journals we decided to work upon identifying risks and provide assistance to especially three groups of people which include school/college students that experience advent of new mental health problems as an outgrowth of the pandemic, individuals with experience of intensified pandemic diagnosed vulnerabilities and finally the healthcare workers and doctors who are currently handling the pandemic situation at the frontline defence. We will also conduct an online survey of questionnaires among those three groups which would focus on their mental defence against battling the traumas and anxieties consequently covering a larger geographical area rather than the currently exacerbated in-person sessions.

V. SOURCES OF DATA COLLECTION

Data is the process of collection of information/knowledge represented in some coded form for better processing.
1) Primary data
2) Secondary data.

(i)PRIMARY DATA
Primary data are collected by the researcher i.e., for the first time which can be collected through a survey of properly constructed questionnaires. In this research work we mainly got the information of the people who give their honest opinion through our questionnaire and there was a lot of important information that we got that helped us in analysing our problem. We also got some raw data regarding psychotherapy conditions and laws in India.

(ii) SECONDARY DATA

Secondary data is the data which has already been collected by someone else and been passed through the various statistical processes. Our research analysis was heavily dependent on the secondary data. As we analyzed a lot of research papers and journals which gave us very fruitful information regarding Psychotherapy like: How psychotherapy is done in different countries, how they have handled this situation, how new techniques have acted as a boon in this pandemic time. Also, through various research papers we also got to know how people have become so cautious and have taken psychotherapy very seriously. We also got the data regarding the different mental health issues which people are facing in this pandemic time. Both primary data and secondary data have their own advantages and disadvantages.

VI. SAMPLING DESIGN

(i) Sample is a smaller but hopefully representative collection of units from a population used to determine facts, results or statistics from that population that provides them with known accuracy.
(ii) Sampling Technique
Census technique is used as a sampling technique because the whole population is covered in this behavioural program.
(iii) Sample Size
89 students are taken as a sample from VIT University.
(iv) Period of study
The Period of study was for 4 months at VIT University.

VII. CORREALATION

It measures the degree to which two variables are related to each other. The relation should be linear.

TABLE I

Questions	Would you prefer psychotherapy now or in upcoming future?
Do feelings of anxiety or discomfort around others bother you?	0.436037
Did it ever occur in your mind that you wished you had someone to talk to or sharing personal feelings with, during pandemic apart from friends and family?	0.35239
How often do you feel depressed?	0.2882
Do you consider yourself mentally healthy till now?	-0.241093
How effective are your methods for dealing with stress/anxiety or depression?	-0.230749

Interpretation

From the above correlation table, it is clear that the people who are affected by the anxiety around others are most likely to go with psychotherapy. And people who don't consider themselves mentally healthy will most likely to opt for therapy due to negative correlation.

RESULTS AND DISCUSSION

(i) From percentage analysis

1. It is found that 30% of respondents agree that they consider themselves mentally unhealthy.

2. It is inferred that 26% of respondents say that they are emotionally unstable.

3. It is found that 55.1% of respondents say that they agree they feel stressed and frustrated during the pandemic.

3. It is found that 58.4% of respondents agree that they felt the need to talk to someone or share personal feelings during the pandemic apart from friends and family.

4. It is found that 48.4% of respondents agree that they neither have ever heard of psychotherapy nor they have any opinion regarding considering it in the first place.

5. It is found that 50.6% of respondents agree that had they would have taken psychotherapy, it would have been easier for them to go through the pandemic.

6. It is inferred that 94.4% of respondents agree that psychotherapy would be really helpful for a person in dealing with suicidal thoughts.

7. It is inferred that 58.4% of respondents agree that they have confidentiality issues while seeking for therapy.

8. It is found that 58.4% of respondents say that they aren't aware of the Right to Confidentiality under Section 23 of Mental Healthcare Act of 2017 which states that without the consent of the customer, it is a punishable offense for any psychiatrist, psychologist or licensed counsellor to disclose their privacy.

9. It is found that 60% of respondents agree that society doesn't give much importance to mental health.

10. It is said that 38.2% of respondents agree that they suffer from Cyberchondria (Cyberchondria refers to a person's anxiety about their health that is created from common symptoms based on review of online search results.)

11. It is found that 72% of respondents agree that they watch movies or play games when they feel stressed or anxious.

12. It is found that 33% of respondents agree that their methods are not effective enough to cure them from anxiety or depression.

13. It is found that 69.7% of respondents think that in person therapy is slightly better than online therapy.

14. It is found that 20%, 10%, 25%, 11.2% of respondents think that they never considered therapy in the first place because they didn't know how to apply them, consider them effective or efficient or very impersonal respectively.

15. It is inferred that 50% of respondents agree that they suffer from mental health issues such as anxiety and trouble concentrating.

16. It is inferred that 78.7% of respondents agree that they have never seen a licensed counsellor, psychiatrist or psychologist.

17. It is found that 43% of respondents think that they don't have any immediate friends or someone whom they can share everything with without any hesitation.

18. It is inferred that 45% of respondents think that they feel less happy as compared to their colleagues or friends.

19. It is found that 50%, 41.6% of respondents agree that they feel lonely and depressed at some point in their life respectively.

20. It is found that 65.2% of respondents believe that anxiety among others bothers them.

21. It is inferred that 58.4% of respondents agree to go for opting psychotherapy in their upcoming future.

(ii)Suggestions

In India we can also promote (spreading awareness) about psychotherapy as most of our adults do not understand the need of this. We can carry out surveys, discussions so as to grow the importance of psychotherapy among the people of India. Like others we can promote different type therapy techniques like Tele-psychotherapy as in this time it is one of the highly appreciated by different doctors. The government can also play their part by promoting it on national television and raising awareness among the people. The social activists should raise their voice and spread awareness of the different laws that are associated with psychotherapy.

II. CONCLUSIONS

The research has produced some findings and statements which conclude that amidst the coronavirus pandemic, high rates of fear, economic hardships, anxiety, depression etc. can take a tremendous human toll on those who are directly or indirectly exposed. Following these promising experiences during this COVID-19 era and fortunately with the help of available technologies we can enable the delivery of effective treatments via Telepsychotherapy and telemedicine. Studies demonstrate that the shift from offline/on-site to online treatment is more preferable and it provides the foundation for scalable solutions that can reduce the significant impact of undertreated PTSD. Even after the pandemic there is a chance that health advancement in the online therapeutic field will become more core to the psychotherapists training and treatments. At last, when people ask us why therapy is worth doing, we say that it won't make you happy, rather it will drastically increase the depth and authenticity of your happiness and it will honour the cathartic beauty of your sadness and it will make the profoundly necessary space for every feeling that lives in between. We live in a culture that fetishizes happiness, we are made to believe that something is wrong with us if we're not thrilled in every moment but let me tell you happiness is not a sustainable end goal, happiness is one of many healthy useful important emotions and in therapy you have the support and permission to feel the full range of human emotion instead of just one small slice. It might be difficult how transformative that is until you can see the magic that can spark in your life. With all that being said, this kind of deep meaningful experience is better felt than explained. So go feel it.

ACKNOWLEDGMENT

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