

A Mini-Review on the Psychological Impact of Different Professions During the Pandemic

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ABSTRACT

Covid-19 has been a part of our lives for two years now and is creating a situation with a serious impact on the lives of individuals as well as highlighting mental health as a significant risk which is evolving further. According to the World Health Organization, mental health includes subjective well-being, perceived self-efficacy, and autonomy, and competence, self-actualization of one's intellectual and emotional potential. The possible consequences of the pandemic on mental health have begun to emerge in many professions who have begun to seek professional help; according to mental health professionals will have long-term negative effects on the psychology of employees in Kosovo.

KEYWORDS: COVID-19; Pandemic; Psychological impact; Various professions

INTRODUCTION

Studies conducted in Kosovo during the pandemic, confirm the increase in stress, anxiety and depression as a result of the pandemic, especially due to major changes in lifestyle, economic crisis, various restrictions, pressure from online learning, fear of infection, etc. The most common clinical problems are stress, anxiety, post-traumatic stress disorder in people who have lost relatives, phobias, obsessions, depression and psychotic episodes. According to research conducted by the University of Pristina on the effects of COVID-19 on education, (65.4%) of students reported moderate levels of stress as a result of isolation in the spring, while (26.9%) reported high levels of stress. The stress associated with COVID-19 reduces job satisfaction and employee performance, but its effect is not strong enough to drive them to high levels [1-3].

According to the results obtained from studies conducted in Kosovo show that the pandemic has a negative effect on the mental health of a significant part of employees and affects at the same levels both men and women. According to them, the most affected professions are: doctors, nurses, police officers, social workers, teachers, pupils, students, businessmen, etc [4-7].

CONCLUSION

The Ministry of Health in cooperation with other institutions and professionals in the relevant field has drafted an action plan for mental health during the Covid-19 pandemic that has included several objectives to maintain and treat mental health. This strategy has not been implemented as it is necessary and is required by the relevant institutions to increase online and live psychological services, to engage more mental health professionals in health, social and educational institutions, to provide psycho-social services according to medical practice etc.

Based on studies, it is concluded that during the pandemic almost all professions have been affected by psychological impact but with such a ranking: doctors, nurses, police, social workers, teachers, students, etc. Findings of the study show that the majority of employees (49.2%) have experienced normal stress levels, but a significant proportion of them (42.2%) have experienced mild to moderate stress levels and a smaller proportion (8.6%) of them has experienced high level of stress. In post-stress employees, anxiety, post-traumatic stress disorder in people who have lost loved ones, phobias, obsessions, depression and psychotic episodes.

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