

Self-Esteem as a Predictor of Mental Health Problems in People During Covid-19

Hafiza Saba Javaid¹, Nawal Tanveer², Zunaira Shrafat³, Yousra Mumtaz⁴

¹Lecturer, Department of Applied Psychology, Government College Women University Faisalabad

²Scholar, Department of Applied Psychology, Government College Women University Faisalabad

³Scholar, Department of Applied Psychology, Government College Women University Faisalabad

⁴Scholar, Department of Applied Psychology, Government College Women University Faisalabad

Correspondence: sabajavaid@gcwuf.edu.pk¹

ABSTRACT

The study examines the relationship challenges that have arisen as a result of Coronavirus in households. The model is made up of 200 respondents from Faisalabad Pakistan. Self Esteem was inside and outside indicate mental health concerns between people throughout Covid and Self Esteem in general predict issues between people throughout the Corona virus pandemic, according to the study. Individuals in the sample ranged in age from 15 to 50 years old were selected for data collection. The predictive analysis was used and the investigation used a non-probability sampling technique. Researcher snatched up the broader public and in general, researchers aided specific family members in promoting the project. Researchers also built the model by working individually with them or soliciting requests from them after they expressed willingness to grant permission. The depression scale, self-esteem scale, and Buss Perry Aggression scale were among the tools used (BPAQ). Consequences showed that there is a strong link between self-esteem and how the Coronavirus affects people's mental health.

Keywords: Self-Esteem, Mental Health Problem, COVID-19.

Introduction

A person's abstract judgement of their own worth is referred to as self-esteem. Self-esteem encompasses self-convictions (for example, "I'm despised," "I'm praiseworthy") as well as ecstatic moods such as victory, despondency, pride, and shame. "The self-idea is our view about oneself; confidence is just the favourable or negative assessments of oneself, as measured by the way we feel about it," Smith and Mackie (2007) wrote.

Covid problem (COVID-19) is a fantastic ailment created by a newly discovered Covid. By far the majority of people who have been exposed to COVID-19 pollution will find it difficult to manage their respiratory burden and improve without requiring special therapy. More mature individuals, as well as those with critical clinical difficulties such as cardiovascular destruction, diabetes, advanced breathing difficulty, and risk, will be denied the opportunity to develop a true ailment. The most effective way to predict and stop the development of COVID-19 is to educate people about the disease, the symptoms it causes, and how it spreads. Wipe out your hands or clean on event at your face and hands to protect yourself from pollution, just as others. Because pandemics are often spread via saliva droplets or through the nose when a person sniffs, it's critical that you prepare for breathing lead as well (WHO, 2020).

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Rajkumar and Ravi (2020) Clearly, the COVID-19 pandemic has elicited a vigorous and diverse response from experts and joined specialists, and mental wealth is being considered at various stages in everyone, among clinical account workers, and among the weaker public. Despite the fact that the concept of verification in open writing is relatively low, it actually offers a variety of vital ideas and thoughts for all professionals working in that field, whether they are affiliated with psychological or worldwide organizations or operated locally. As the number of people affected mostly by epidemic grows, mental calling becomes both a challenge and a possibility; the challenge of keeping an eye on the various limits and boundaries perceived above your head composition, as well as the opportunity to complete people's thoughts or ideas that are reachable at a nearby or widespread phase.

Regularly residing children are at risk of being mistreated and dismissed due to stress and cooperation. By focusing on stressors and supporting techniques that influence certain persons, child abuse is frequently seen as a considerably separate issue. Regardless, in light of the overall Covid illness 2019 (COVID-19), individuals all over the world are experiencing a new level of stress that is eroding their self-esteem and mental health (Brown *et al.* 2020).

Soga and colleagues (2021) The COVID-19 epidemic and its international response have resulted in significant and rapid changes in the great majority of people's lives. To slow the spread of the disease, governments have implemented physical separation (sometimes known as "social removal"), which entails disengagement inside the home and limited time spent outdoors. Because of the epidemic and the steps made to fight it, nature it around home may play a crucial role in preventing adverse psychological health outcomes. To see if this is the case, we conducted an online poll (n = 3,000 people) in Tokyo, Japan, to see if there was a link between five psychological wellbeing outcomes (doom, life fulfilment, abstract satisfaction, confidence, and depression) and two proportions of nature experiences (recurrence of green space use and green view through windows from home). They discovered that frequent usage of green spaces and the presence of green window views from inside the house were associated with higher levels of confidence, overall happiness, and conceptual bliss and lower levels of sadness, discomfort, and depression. Their findings suggested that a simple piece of nature can help to improve a wide range of emotional wellbeing outcomes. With the rising prevalence of emotional wellness issues and the potential negative effects of the COVID-19 pandemic on open psychological well-being, our findings have significant strategic implications, suggesting that urban nature could be used as a "nature-based arrangement" for improved overall betterment.

The COVID-19 epidemic has primarily impacted young people and their families, disrupting plans, changing affiliations, employment, and disrupting usual child care, school, and working out routines. Consider how people practise these changes from the perspective of defenders' scouts to aid in the development of an assessment on the effects of COVID-19 on children (Care Management Framework, 2008) (Gotten, 2020).

Rossi et al, (2020) look into how the (COVID-19) disease has spread over the world, causing a great deal of fear of infection and death, which can make people anxious. Simultaneously, isolation and actual isolation can heighten feelings of attitudinal anguish, which can lead to acute tension if they focus on thoughts of alienation from others. Unease, induced by both COVID-19 dread and dispositional dejection, might cause bad preconceptions and death reflections, thereby causing distressing and painful side effects. However, the anxiety cushion theory posits that self-assurance acts as a buffer (cradle) against psychological well-being threats such as dread and despondency, reducing stress and distressing symptoms. The goal of this study is to see if the cycle – which is triggered by COVID-19 dread and forlornness – in which confidence should cradle the way to discomfort signals, and then to melancholy, can be tested. An observational exploration plan was used in conjunction with underlying condition models. An online overview included the dread of the COVID-19 scale, the UCLA dejection scale, the Rosenberg confidence scale, and the nervousness and melancholy sizes of the Symptom Checklist-90-Revised. An example of 1200 members enlisted from everyone addressed a digital summary such as: the

despair of the COVID-19 scale, the UCLA dejection scale, the Rosenberg confidence scale, and the nervousness and melancholy sizes of the Symptom Checklist-90-Rev Primary condition models revealed a link among stress side effects (middle person) and both COVID-19 dread and dispositional dejection (indicators), as well as a link to later bothersome symptomatology (result). Confidence intervened in the relationship between the signs and their hostile mental effects, according to the uneasy support theory. Confidence is a protective element against the forerunners of doom. Specific mental interventions should be carried out to reduce the mental burden of the condition while promoting variety and positive mental health outcomes.

The COVID-19 pandemic is a huge prosperity crisis affecting a couple of nations, with in excess of 720,000 cases and 33,000 asserted passing offered an explanation to date. Such all over scenes are connected with negative mental wellbeing results. Recollecting this, flow composing on the COVID-19 scene suitable to enthusiastic wellbeing was recuperated through a composing search of the PubMed informational collection. Dispersed articles were described by their overall subjects and summarized. Groundwork verification recommends that signs of strain and demoralization (16–28%) and self-reported pressing factor (8%) are essential psychological reactions to the COVID-19 epidemic, and may be connected with troubled time out. Different individual or fundamental components restrained this peril. In orchestrating organizations of peoples, in cooperation the necessities of troubled people and basic precautionary guidelines ought to be thought of. Open composing had available two or three affected countries, and might not reflect the involvement of individuals existing in various bits in the world. All things considered, sub-syndrom passionate prosperity problems are an average response to the COVID-19 epidemic. There is a necessity for additional representative exploration as of other impacted countries, particularly in feeble masses (Psychiatr, 2020).

The uncontrolled spread of the Covid infection 2019 (COVID-19) has called for extraordinary measures, to the degree that the Italian government has forced an isolate on the whole country. Isolate has an immense effect and can cause impressive mental strain. The current investigation means to set up the predominance of mental side effects and recognize hazard and defensive components for mental misery in everyone. An online review was directed from 18–22 March 2020 to 2766 members. Multivariate ordinal strategic relapse models were developed to analysed the relationship between socio demographic factors; character attributes; sorrow, nervousness, and stress. Female sexual orientation, negative effect, and separation were related with more significant levels of melancholy, nervousness, and stress. Having a colleague contaminated was related with expanded degrees of both wretchedness and stress, though a background marked by distressing circumstances and clinical issues was related with more significant levels of sorrow and tension. At last, those with a relative contaminated and youngster who needed to work outside their home introduced more significant levels of nervousness and stress, individually. This epidemiological picture is a significant benchmark for distinguishing people at more serious danger of experiencing mental pain and the outcomes are valuable for fitting mental intercessions focusing on the post-awful nature of the misery (Mazza et al., 2020).

A pass-sectional have a look at become designed on One Japanese scientific college of 571 clinical college students, 163 respondents (28.5%) scored ≥ 5 on the K-6 scale, indicating a huge diploma of mental misery. Logistic regression discovered that a better score on RSES ($p < 0.001$) and GSES ($p < 0.01$) was an impartial aspect related to lower levels of mental misery. Multiple regression analysis focusing on college students with a K-6 score ≥ 5 revealed that better ratings on RSES correlated with decrease stages of mental misery. By comparison, people with better GSES rankings additionally scored higher for indicators of psychological misery. This look at recognized that self-efficacy and shallowness had been both influential elements for predicting psychological misery all through the contemporary COVID-19 pandemic. Medical schools have to provide support for mental fitness and academic initiatives directed at improving self-esteem and self-efficacy, with a focal point on improving personal resilience. In emergency situations, inclusive of that faced in reaction to the COVID-19 pandemic, initial packages would possibly target college students with better degrees of self-efficacy. By contrast, below habitual

situations, those efforts need to be directed closer to students with lower self-esteem as number one method to prevent depression (Arima *et al*, 2020).

Maintaining fine mental health can be tough in the course of the COVID-19 pandemic which surely brought on devastating consequences on people's lives. There is need to decide factors contributing to intellectual fitness of human beings for the duration of the pandemic. The contemporary examine aims to study the effect of which means in existence on complete intellectual fitness, which represents the presence of positive functioning and the absence of psychopathological signs and symptoms. The members of the examine blanketed 392 (70.9% woman) undergraduate college students, ranging in age from 18 to 43 years ($M = 20.67$ years, $SD = 3.66$) and they have predominantly been imposed live-at-home orders for coronavirus right after statement of COVID-19 regulations in Turkey. Latent variable route analyses established big paths from that means in existence to all additives of mental misery, superb mental health, and subjective nicely-being. Multi-group analysis confirmed giant gender variations across the have a look at variables. These findings corroborate the essential role of that means in lifestyles in selling entire intellectual health and shed similarly mild on why human beings high in which means in existence generally tend to have higher mental fitness than those low in meaning in lifestyles in the context of COVID-19 (Arslan, 2020).

Research Objectives

- 1) The point of the examination was to investigate the connection among mental wellness and self-esteem in Covid situation.
- 2) The target of the investigation stayed to measure the connotation issues due to Coronavirus between family members.

Rationale

This thoughtful overdue the calculation is understanding the influence of COVID-19 on self-esteem and mental health. As Corona virus condition distracts the psychological wealth of various people in Pakistan and there is absenteeism of effort on self-esteem issue during pandemic corona virus consequently it is requirement to check the quantity it disturbs the self-esteem and psychological wellbeing of in general there is usage of three scales to coordinate our investigation.

Hypotheses

- 1) Self Esteem meaningfully foresees psychological and mental health difficulties between individuals throughout lockdown.
- 2) And Self Esteem knowingly absolutely forecast mental and psychological problems among persons throughout lockdown.

Methodology

Predictive study design utilized. Non probability or purposive technique utilized in this calculation. This model includes 200 individuals mature enough 15-50 and sample was taken from comprehensive local area. Generally, researchers supported particular intimate followers to complete the plan. Assembled model either by working with them or calling them and presenting requests from them afterward they presented interest to informed consent. Different scales are used and there information is given below.

Depression Anxiety Stress Scale-21

It is involved 21 self-report things to stay done more than five to ten minutes, each shimmering an undesirable thrilled result. Respectively these are assessed on a four-point Likert size of repeat or reality of individuals' involvements all through the previous week resolved to pressure conditions over characteristics. These cuts went from 0, inferring that the client acknowledged the thing "didn't make any difference to them in any way shape or form", 0 to 3, suggesting that the client considered what to "apply

to them unquestionably or as a rule". It is also engaged in the rules that there are no right answers (Lovibond and Lovibond, 1995).

Buss–Perry Aggression Questionnaire (1992)

Buss & Perry (1992) The 1992 interpretation of the AQ is a 29-item survey in which individuals rank certain explanations along a 5-point continuum from "staggeringly novel of me" to "nature of me". The scores are normalized on a size of 0 to 1, with 1 being the main degree of belligerence. It gauges four segments: real enmity, verbal antagonism, shock, and animosity.

Self-Esteem Scale

Rosenberg (1965) evaluates the certainty. The issue is on Likert ruler. The Likert ruler incorporates ten items. There answers are gone from positively consent to firmly struggle. Cronbach alpha (.77 to .88) and test retest (.82 to .88) was utilized to check the determined idea of test. The items 3, 5, 8, 9, and 10 are traded scored. The score degree of scale shifts from 0-30. Score 30 shows most raised score, some spot in the extent of 15 and 24 displays standard degree of assurance and under 15 shows low conviction.

Procedure

Evaluation has driven in city Faisalabad and general families were taken from different spaces of the city. Totally individuals recall for the appraisal is 200. Data was accumulated by explicitly meeting the families or contacted them through phone. First thing, the Scales were used which have public use supports. Informed consent was completed by individual person. After their consent and availability to take an interest in evaluation we ask them different questions from the scales were used. Individuals really tick the elective which they considered best suit for them. Likewise, promise them their results and information will remain private and never reveal to anyone. On phone, we seek after the consent of individuals to check out our evaluation. We promise them their depiction. Researchers asked those requests self-governing and give those decisions and mentioning that they pick which they pack best. Additionally, researchers tick marks the sum of the fitting reactions in the plans we have. And SPSS software is used for data analysis.

Results

Table 1: *Frequency Distribution of Demographic Variables*

| | <i>F</i> | <i>%</i> |
|------------------|----------|----------|
| Gender | | |
| Male | 71 | 35.5 |
| Female | 129 | 64.5 |
| Age | | |
| 15-33 | 142 | 71.0 |
| 34-50 | 58 | 29.0 |
| Residence | | |
| Urban | 109 | 54.5 |
| Rural | 91 | 45.5 |
| Religion(Muslim) | 200 | 100 |

Table 1 shows the frequency distribution of demographic variables including their gender, age, residence and religion. According to the data, 35% male and 64% female respondents filled questionnaire. Regarding their age, 71% respondents were between aged 15-33 and 29% were above 33 years old. Furthermore, 54% belongs to Urban while 45% belonged to Rural areas and all were Muslims.

Table 2: Summary of regression analysis of Self Esteem and variables of DASS & Anger

| | | | Self -Esteem |
|----------------|-----------------|-------|----------------|
| | | | Model 2 |
| Predictors | Model 1 β | B | 95% CI |
| Constant | 32.88 | 32.88 | [28.19, 37.57] |
| DASS | -.36 | -.21 | [-.09, .003] |
| Anger | | -.12 | [-.102, -.04] |
| R ² | .17 | .17 | |
| F | 20.30 | 20.30 | |
| ΔR^2 | | .16 | |
| ΔF | | 20.32 | |

** $p < .01$; * $p < .05$; for regression coefficient; CI for confidence interval.

Statistical analysis illustrated that self-esteem have a significant relationship with DASS and Anger ($F, (2, 197) = 20.30, p = .000$) with R^2 of .16.

Discussion

As researchers worked with an assessment on 200 people from when in doubt community to sighted the delayed after effect of present Covid-19 condition and lockdown on people and expect their energetic flourishing dependent upon their Self Esteem. Results certainly show that Self Esteem basically impacts mental health of people in this lockdown. Which shows the stream situation is affecting the Mental Health of complete area extending their hang, shock, squeezing element and stress and hacking down their Self Esteem. As lockdown is causing avowed Economical exacerbation in ordinary open by closing their business. Slow brief and low degrees of certifiable work can influence the prospering, flourishing and lone satisfaction of people. Opening up can in like way cause extra pulverizing variable and challenge the psychological prospering of inhabitants. Czeisler *et.al*, (2021) adults presently unwell with COVID-19, or adults at risk for extreme COVID-19 suggested greater unfavourable intellectual health signs than did caregivers of adults with other situations, highlighting the want for training and guide for caregivers in those roles. Social elements, which includes economic pressure, feeling a lack of preparedness for or resentment of caregiving, a lack of freedom, and circle of relatives' battle had been additionally related to damaging intellectual fitness. The decrease odds of having any negative mental fitness signs based on the notion of having a person to depend on for assist is encouraging. Because employment and caregiving duties would possibly limit the time to be had to are seeking for help, telehealth and Internet-based interventions (three) would possibly enhance caregiver intellectual health; however, Internet get right of entry to is probably confined for some populations, particularly those with decrease incomes. In addition, adult day offerings centres may advantage the mental health of caregivers and of those for whom they are providing care Legitimate work and releasing up techniques can be fundamental instruments to assist you with keeping quiet and keep ensuring your flourishing during this time. WHO proposes 150 minutes of moderate-power or 75 minutes of overwhelming force real work each week. With this improvement people can beat pressing part and strain looked during Covid condition. In like way, with help of morning exercise people can crush squeezing element and stress and it will chip away at their conviction and capacity to work with affiliation.

Conclusion

The COVID-19 pandemic is hugely affecting self-esteem of people Proactive undertakings to help the mental health and success of people are required. To wrap up, research results show productive aftereffects of certainty as marker of mental success; it is furthermore associated with better recovery

after outrageous disease. Regardless, the creating thought of certainty could in like manner achieve antagonistic outcomes. For example, low certainty can be a causal factor in sadness, pressure, dietary issues, defenceless friendly working, school dropout and risk lead. Inquisitively, the cross-sectional nature of various examinations doesn't dismiss the probability that low certainty can similarly be considered as a huge aftereffect of such issues and direct issues. Self-respect is a critical risk and guarded factor associated with an assortment of prosperity and social outcomes. Thusly, certainty update can fill in as an indispensable part in a BSA approach in expectation and prosperity headway. The arrangement and execution of mental health programs with certainty as one of the middle elements is a huge and promising progression in prosperity headway.

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Conflict of Interest

Authors have no conflict of interest.

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