

Impact of COVID-19 Lockdown on Depression Level

Madia Lozupone*

Department of Basic Medicine, Neurodegenerative Disease Unit, Neuroscience and Sense Organs, University of Bari "Aldo Moro", Italy

Editorial

In December 2019, an unknown and contagious disease came out in Wuhan, China and the World Health Organization proclaimed it a pandemic on February 11th 2020, dubbed Coronavirus Disease 2019 (COVID-19). Since then, it has wreaked havoc on individuals, families and communities throughout the world, infecting and killing millions of people. Individuals have suffered severe losses in numerous spheres of life, in addition to adjusting to a new world characterised by fear of viral spread and social isolation owing to lockdown and quarantine. The long-term consequences might last longer than the lockdowns themselves. Depressive symptoms may occur when persons seek reemployment and a return to regular life, as emotions of grief and loss grow beyond fear and anxiety and they realise that normalcy remains unattainable. The objective of this examination is to look at discouraged indications among Chinese occupants in regions that were harshly, reasonably, or faintly impacted by the pandemic toward the beginning of May 2020 to pre-pandemic standards, just as to uncover segment corresponds of gloom after the lockdown.

COVID-19 has been declared a pandemic and precautions such as countrywide lockdowns have been enacted. The abrupt interruption of activity, along with dread, may start or worsen mental diseases, leading to a rise in drug use as a coping mechanism. The purpose of this study was to see how the lockdown affected depression and drug abuse among students at a higher institution in Ibadan, Nigeria. There are more than 2.2 billion children in the globe, accounting for around 28% of the global population. 16 percent of the world's population is between the ages of 10 and 19. COVID-19 has had a profound influence on the lives of individuals all around the world, particularly

children and adolescents. Isolation and social distance measures have been used extensively over the world to guard against COVID-19 infection. On these reasons, different governments have been adopting regional and national containment measures or lockdowns since January 2020. In this unique situation, the end of schools, instructive organizations and movement regions was quite possibly the main activity done during the lockdown. These unpreventable circumstances, which are strange, cause strain, stress and a feeling of weakness in everybody.

COVID-19 prompted extraordinary quarantine restrictions in an effort to limit the epidemic, beginning in Wuhan, Hubei Province. Stringent lockdown measures were imposed by government and community leaders, prohibiting inhabitants from leaving the city, limiting each home to sending one person to buy goods twice a week and prohibiting private automobile use. The local government also made efforts to reward those who reported neighbours who broke social distance guidelines, in order to further curtail group activities. Mandatory quarantine inevitably resulted in common issues such as working from home while juggling childcare, losing wages and running out of food, all of which conflicted with the underlying human desire for connection and belonging. Forced social isolation restricted social and physical interaction with others, leading to depression, emotional disturbance, boredom and irritation, as well as preventing access to useful coping techniques like seeking social support.

The findings imply that higher education institutions should investigate this phenomena and devise measures to improve students' mental health, particularly among vulnerable populations. The significance of a transdisciplinary approach is underlined and all educational stakeholders are urged to participate.

How to cite this article: Lozupone, Madia. "Impact of COVID-19 Lockdown on Depression Level." *J Ment Disord Treat* 7 (2021): 189.

*Address for Correspondence: Madia Lozupone, Department of Basic Medicine, Neurodegenerative Disease Unit, Neuroscience and Sense Organs, University of Bari "Aldo Moro", Italy; E-mail: madia.loz@gmail.com

Copyright: © 2021 Lozupone M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 10 December 2021; **Accepted** 15 December 2021; **Published** 20 December 2021