

Mental health crisis: Impact of covid-19 pandemic in families

Nandhana K.S and Reni K Mani

Abstract

The COVID-19 pandemic has brought about unexpected challenges, with far-reaching impacts on various aspects of society, including the mental health of families. COVID-19, short for "Coronavirus Disease 2019," is an infectious disease caused by the novel coronavirus SARS-CoV-2. This study investigates the mental health of families faced COVID-19 pandemic and their emotional and social status. It mainly focuses on the families who lose their loved in the period of COVID-19. Through a qualitative survey, we find out multifaceted impacts of the pandemic on family functioning and individual well-being. The area of the study will be Kunnampulam Municipality which is located in Thrissur District, Kerala. The COVID-19 pandemic has caused a lot of unexpected problems for families. This study looks at how families are feeling and doing during the pandemic, especially those who have lost someone they love. We're asking families in Kunnampulam, Kerala, about how they're feeling and how the pandemic has affected them.

We found that losing someone because of COVID-19 is really hard for families. It makes them feel sad, lost, and confused. The pandemic has made it even more difficult because the deaths happen suddenly and unexpectedly. Families are struggling to understand why this happened and how to cope with their feelings. By shedding light on these issues, this research contributes to an understanding of the profound and enduring impacts of COVID-19 on family mental health, and informs the development of more effective strategies for supporting bereaved families in coping with their grief and rebuilding their lives in the after the loss of loved ones.

Key Words: *Emotional and Social Conditions, Death of loved person, COVID-19, Mental health crisis.*

Introduction

The coronavirus, also known as COVID-19, is a highly contagious virus that emerged in late 2019 in Wuhan, China. The coronavirus disease can be transmitted through the respiratory tract, digestive system, and also mucosal surface. Fever, cough, shortness of breath, and diarrhoea are the symptoms of COVID-19 infection at the onset. The pandemic of COVID-19 has brought many changes to all the communities, workers, and families to reduce the spread of the coronavirus and limit its impact on health, societal, and economic consequences. This pandemic had a powerful impact on family life. Mental resilience is required for coping strategies during the pandemic. The COVID-19 pandemic has had significant impacts on public health, economies, and societies worldwide, leading to widespread disruption of daily life, healthcare systems strain, and significant loss of life.

Kunnamkulam is a town located in the Thrissur district of Kerala, India. It is situated in the southwestern part of the country, known for its rich cultural heritage and historical significance. Kunnamkulam serves as a significant commercial centre for the surrounding region and is known for its markets and trade activities. The town has a diverse population, with people from various religious and cultural backgrounds. It has a mix of traditional and modern elements, with temples, churches, and mosques co-existing alongside modern infrastructure and amenities. The pandemic caused by COVID-19 has been an unprecedented crisis in kunnamkulam.

The COVID-19 pandemic has brought profound sorrow through the loss of loved ones. Each life lost leaves behind a void in the hearts of those who cared for them. The pandemic has not only taken away precious lives but has also disrupted the usual rituals of mourning and gathering to celebrate the lives of those we've lost. In this time of grief, it's important to lean on each other for support, cherish the memories we've shared, and honour the lives of those who are no longer with us. Traditional avenues of mourning have been disrupted, with limited gatherings and altered funeral rites.

Lockdowns and social distancing measures led to widespread isolation, exacerbating feelings of loneliness and disconnect. Economic uncertainties left many struggling to make ends meet, with job losses and financial hardships disproportionately affecting marginalized communities. Mental health concerns surged as individuals grappled with anxiety, depression, and the stress of the unknown.

The study exploring the grief experiences of families due to COVID-19 related loss revealed several significant findings. Firstly, families reported profound and prolonged grief reactions, characterized by intense sadness, longing, and feelings of disbelief. The sudden and unexpected nature of many COVID-19 deaths exacerbated these emotions, making it difficult for families. The study also found that traditional mourning rituals and support systems were disrupted due to pandemic restrictions, adding an additional layer of complexity to the grieving process. Families struggled to find closure and support through traditional means such as funerals and gatherings, leading to feelings of isolation and unresolved grief.

This study looked at how families who lost someone to COVID-19 were feeling. They found that these families were going through a really tough time. Because of the pandemic, they felt very alone since they couldn't be with friends and family like they normally would. They also had financial issues because of medical bills and losing jobs. Some people even blamed them for their loved one getting sick, which made them feel even worse. Many of them felt sad and anxious, and they really needed help to feel better. The study showed that these families need support and understanding from others to help them get through this difficult time.

During the COVID-19 pandemic, mental support played a crucial role in helping individuals and families cope with the challenges they faced. With the loss of loved ones, financial strain, isolation, and uncertainty about the future, many people experienced high levels of stress, anxiety, and grief. Mental support provided a lifeline for those struggling. mental support played a vital role in promoting resilience, healing, and well-being during the COVID-19 pandemic. By addressing the emotional needs of individuals and families, these services helped alleviate distress, restore a sense of hope, and provide much-needed support during a time of unpredicted loss.

Review of literature

[Fateme Mohammadi](#) on his research article “The mental health crises of the families of COVID-19 victims” reviewed that COVID-19 has been the most horrifying emerging disease in recent decades spreading extreme fear across the whole world, because in previous decades there was no pandemic that infects many people around the world. Emerging diseases are diseases which appear for the first time in a certain area or the world, have high severity, and quickly infect a large population. The families of the victims, living or dead are among the social groups especially affected by psychological stress and tension. The death of a family member usually causes emotional shock and trauma to the other members of the family who

need to receive wide emotional support from relatives and even the society to adapt to their sense of loss. However, the sudden death of a family member to COVID-19, especially when the victim is young and does not have any underlying medical conditions, can subject families to extra shock and distress.

According to [Javad Yoosefi Lebni](#), [Seyed Fahim Irandoost](#) & [Hossein Safari](#) One of the experiences of COVID-19 victims' families is being rejected by others due to societal stigma. During epidemics, stigma, followed by social isolation, rises as a result of people's dread and anxiety about a sickness with an unknown source and a potentially lethal conclusion. The families of COVID-19 victims faced a number of challenges, including alienation, restricted access to medical services, and disruption of family life. After the patients died, their obstacles persisted, and the inadequate farewell to the corpse, the unfathomability of the death, the lonesome funeral, the pang of conscience, and abandonment exacerbated the difficulties.

The study on "Complicated Grief: The Lived Experiences of Those Bereaved By COVID-19" by [Leila Ostadhashemi](#) & [Fardin Alipour](#) showed that economic, psychological, and social consequences of the COVID-19 outbreak had provided a critical context and the crisis of losing the patient in these pre-existing conditions had made the situation more difficult. Families were in a difficult economic situation due to lockdowns and some were in a critical economic situation. They were more in financial difficulties especially in cases where the deceased was the head of the family. People felt that the farewell to the deceased had not taken place due to COVID-19 conditions and the impossibility of accompanying the patient during the illness and saying goodbye to the deceased at the time of death and holding a ceremony. And also showed that the families of COVID-19 deceased did not have the opportunity to say goodbye to their beloved ones before their death even with phone or video call, while they were not sure that their last contact was with the deceased, and this may have led to a complex mourning for them.

As physical and psychological health care interdependent therefore it is crucial to mitigate distress during early stages of disease-related crisis to assist affected individuals in coping with long-term impact of stress on mental health. The well-being of families may directly impact their mental health therefore it is vital to encourage the adoption and maintenance of health-related behaviours among them. The WHO has urged people to follow better hygiene practices, social distancing guidelines and use of appropriate protective gear especially from

the showcasing individual . Moreover, regular physical activity, healthy eating and avoiding alcohol or drugs are also crucial to minimize the anxiety and fear of the pandemic. Furthermore, healthcare organizations can also implement psychological guidelines to assist families with mental distress within communities to provide psychosocial support to any survivors of pandemic.

Areeba Shaikh, Ellen Peprah& Rawan Hamed Mohamed suggested During COVID-19 lockdown, the severity of depression, anxiety and, stress has worsened. Those populations with higher levels of depression, anxiety, and stress have adapted avoidant coping mechanisms; self-distraction, denial, substance abuse, behavioral disengagement, venting, and self-blame. In comparison, those with lower levels have adapted approach coping mechanisms; acceptance, active coping, emotional and informational support, positive reframing, and planning or neutral coping such as religion and humor. However, emotion-focused coping mechanisms such as crying, being angry, yelling, drinking, or smoking harm psychological health. In contrast to our findings, wherein religious coping was categorized as a neutral coping strategy, a previous study stated that frequently praying may result in an elevated risk of mental health issues, but to a lesser extent.

Accroding to Luthar & Cicchetti, “The dynamic process to resist defeats, adapt positively, and cope actively with adversity or trauma is defined as resilience”, During COVID-19, the family may face additional risks impacting their family resilience and access to get some services. The aim of this article was to synthesize and present the available literature on the family resilience situation in different households during the coronavirus outbreak.

Methodology

The researcher used a qualitative method for this study. The design used for this study is a descriptive research design with a non-probability convenience sampling technique and it has been used for collecting data from 5 members of the COVID-19 pandemic affected families residing in Kunnankulam Municipality, Thrissur. The interview schedule has been used as a tool for data collection for this particular study. The researcher prepared various questions, based on the specific objectives of the study with total of 15 questions. Demographic profile, Social stigmas, Emotional problems, Health problems, Economic problems and Employment problems are constantly faced by the community in the selected area. The researcher adopted both primary and secondary data to present research findings and their significance.

Significance of the Study

The significance of a study on the Mental health crisis: Impact of covid-19 pandemic in families. The study is crucial for understanding the unique challenges faced by families who have lose loved ones during the COVID-19 pandemic. It can provide valuable insights into the specific aspects of grief and bereavement exacerbated by the pandemic, such as the inability to say goodbye, restrictions on traditional mourning practices, and heightened feelings of isolation and loneliness due to social distancing measures. Additionally, studying the mental health of bereaved families over time can shed light on the long-term effects of grief and trauma associated with the pandemic and socio-emotional condition of the pandemic effected families.

Statement of the problem

The study aims to investigate the impact of the COVID-19 pandemic on the mental health of families who have experienced the loss of a loved one. By examining the unique challenges faced by bereaved families during this global crisis. Through qualitative analysis, we aim to uncover the specific psychological, social, and economic factors that contribute to the mental health crisis within these families.

The study also analyses the social and emotional challenges faced by families during the COVID-19 pandemic period. These challenges include heightened grief and loss due to the death of loved ones, increased social isolation from restrictions on gatherings, elevated stress and anxiety stemming from uncertainty about the future and financial instability.

Objectives of the study

- To identify Social and Emotional challenges faced by families of COVID-19 victims.
- To explore the grief experiences of families due to COVID-19 related loss.

METHODS

This study is qualitative in nature the universe considers for the research the members of the COVID-19 pandemic effected families in Kunnankulam, Thrissur district. Only those who have lost the family members were the respondents. Five samples were collected from Kunnankulam municipality through non-probability convenient sampling. Self-made interview guide was used to “Mental health crisis: Impact of covid-19 pandemic in families”.

Universe of the study

The study is focused on understanding the impact of COVID-19 on mental health among families in a Kunnankulam municipality, the universe of the study would be the family members who lose their loved ones in the pandemic period in Kunnankulam.

Unit of the study

The unit of the study could be individual residents of Kunnankulam, focusing on aspects like demographics, socio-economic status, health, education, or attitudes and behaviours.

Findings & Discussion

Socio-demographic profile of the respondent

SL NO	Case Name	Age	Gender	Education Qualification	Religion	Relation with the person who dead
1	A	22	Male	ITI	Hindu	Grandson
2	B	45	Female	Diploma	Hindu	Daughter
3	C	48	Male	SSLC	Christian	Son
4	D	55	Male	SSLC	Hindu	Son
5	E	49	Female	SSLC	Hindu	Daughter

Results

CASE - A

1. Personal Experience of a family members who lose their loved ones.

“One of the most heart-breaking experiences my family faced during the COVID-19 pandemic was the loss of my grandmother to the virus. She was a beloved member of our family, always full of life and laughter. It was a shocking news for me. The whole family was effected by the virus and we were unable to gather together to mourn her passing due to social distancing restrictions, which made it even harder”.

The respondent highlights the emotional impact of the loss, the challenges faced in mourning amidst pandemic restrictions. It was a lived experience of individuals and families dealing with the loss of a loved one during the pandemic.

2. The inability to participate in traditional mourning rituals or ceremonies in the period.

“Grandma have a wish about her last time. She wants her last time of life surrounded with her loved ones. But on the time of her death she was alone and her funeral ceremony was done by a unknown person. Even now we don't know who buried her. We can't fulfill her last wish.”

The researchers observed the heart-breaking situation where a grandmother's final wish to be surrounded by her loved ones during her last moments of life was not fulfilled. Instead, she passed away alone, and her funeral ceremony was carried out by an unknown person, leaving her family unable to participate or properly say goodbye.

3. psychological or physical effects after the death of loved ones.

“Psychologically we feel overwhelmed by sadness and a profound sense of loss. we struggle to come to terms with the reality of grandma's death and finds ourself frequently crying and feeling emotionally numb. And experiences waves of guilt.”

The researcher identify the overwhelming sadness and profound sense of loss permeate every aspect of their being, making it difficult to find solace or acceptance in the wake of her death.

4. Impact of family's social interactions during the time.

“We find ourself withdrawing from social activities and isolating from friends and family members. We struggle to relate to others who have not experienced similar loss.”

The researchers identify the decision to withdraw from social activities and isolate from friends and family members reflects the deep emotional toll of grief, as individuals grapple with overwhelming sadness and a profound sense of loss.

5. Social stigmas faced during the pandemic period.

“After the pandemic our neighbours are not really ready to contact with us. They have a fear and confusion. We didn’t blame them because the period was totally unexpected and all of them have a fear of death.”

This statement underscores the profound impact of the pandemic on social relationships, highlighting the lingering effects of fear and uncertainty as communities strive to navigate the aftermath and rebuild connections in a changed world.

CASE - B

1. Personal Experience of a family members who lose their loved ones.

“My family experienced a profound loss during the pandemic when my mother passed away from complications related to COVID-19. The emotional toll of her loss was immense. We struggled deeply with loneliness and sorrow after her death. The inability to gather with extended family and friends for comfort and support only added to our sense of isolation.”

The researchers observed that the respondent experienced loneliness and sad after the death of her mother.

2. The inability to participate in traditional mourning rituals or ceremonies in the period.

“As a daughter, it's heart-wrenching to know that my dear mother's last wish couldn't be fulfilled. However, life's unpredictable nature sometimes leads to circumstances beyond our control. The reality that she passed away alone. Before this incident she told me one day if she dead buries her with my father. But we can’t fulfil her wish”

The researchers observed the daughter's deep sense of sadness and regret that her mother's final wish couldn't be fulfilled. Despite the daughter's understanding that life can be unpredictable and circumstances beyond control can arise, the reality of her mother passing away alone weighs heavily on her heart.

3. Impact of family's social interactions during the time.

"The society gives a positive communication with us. Their support was totally unexpected and my neighbours always contact with us through phones"

The responses highlight the positive impact of social support from the community during difficult times. The speaker expresses surprise and gratitude for the unexpected outpouring of communication and support from society, particularly noting the continuous contact from neighbours via phone calls. This demonstrates the importance of social connections and how they can serve as a source of comfort and strength during challenging periods.

CASE - C

1. Personal Experience of a family members who lose their loved ones.

"Losing my father to COVID-19 was one of the most challenging experiences of my life. He was not just my dad but also my best friend and mentor. When he fell ill, I was hopeful that he would recover, but his condition deteriorated rapidly, and he passed away within a week of being hospitalized. In the midst of my grief, I struggled to come to terms with the reality of my father's death. Waves of sadness and anger washed over me, leaving me feeling adrift in a sea of emotions."

The respondent captures the profound grief and emotional turmoil experienced by the following the loss of their father to COVID-19. It emphasizes the close bond shared between the respondent and their father, portraying him not only as a parent but also as a cherished confidant and guide in life. The suddenness and severity of his illness, coupled with the rapid deterioration of his condition, heighten the shock and disbelief felt by the respondent.

2. psychological or physical effects after the death of loved ones.

"After the death of my father I can't communicate with others and my mother started to talk alone. And she said she can feel the presence of the father. I can't talk with others normally and my daughter started to comfort me and now I feel some comfort."

The statement reflects the profound impact of grief on the family following the death of the father. The respondent describes their own struggle with communication, feeling withdrawn and unable to interact with others in a normal way.

3. Impact of family's social interactions during the time.

“We are unable to interact with others because of lockdown. But our relative's contact us via phone. But our neighbours kept their distance. Still they are not communicating with us. Actually, I have no idea about that, what happened to them.”

This situation reflects the challenges and complexities of social interaction during times of crisis like the COVID-19 pandemic. People may have different comfort levels or reasons for maintaining distance, even if it leads to a sense of isolation or confusion for others

4. Social stigmas faced during the pandemic period.

“Manly we faced fear of death. All people are afraid to communicate with each other and they try to keep a maximum distance from us. We take various measures to cope up with the COVID-19. But that time we need some comfort words from the society.”

Fear of death, isolation, and the struggle to maintain connections with others are all significant aspects of this difficult time. It's understandable to feel discouraged when people seem to distance themselves out of fear.

CASE - D

1. Personal Experience of a family members who lose their loved ones.

“Losing my father to COVID-19 was an unimaginable blow to our family. He was always there to guide and support us through life's ups and downs. When he fell ill with the virus, we hoped and prayed for his recovery, but the reality of his passing hit us hard. Even now my mother can't accept the fathers lose. The inability to be with him in his final moments was a heavy burden to bear, and the restrictions on gatherings meant we couldn't come together as a family to mourn his loss properly.”

The inability to be with his father in his final moments due to restrictions on gatherings adds an additional layer of pain to his grief. Not being able to come together as a family to mourn his loss properly deprives him of the support and comfort that traditional mourning rituals and gatherings can provide.

2. The inability to participate in traditional mourning rituals or ceremonies in the period.

“The inability to be with my father in his final moments and the restrictions on gatherings have added layers of pain to an already difficult situation. Not being able to participate in traditional mourning rituals or ceremonies can make the grieving process even more challenging.”

The inability to participate in traditional mourning rituals or ceremonies adds another layer of complexity to the grieving process. These rituals often serve as important cultural and social mechanisms for processing grief, honoring the deceased, and finding communal support. Not being able to engage in these rituals can exacerbate feelings of isolation, loss, and disconnection from one's cultural or religious traditions.

3. psychological or physical effects after the death of loved ones.

“I experienced changes in my sleep patterns, such as difficulty falling asleep, frequent waking during the night, or vivid dreams related to the deceased.”

The researchers identify that grief can disrupt normal sleep patterns due to the heightened emotional and psychological stress it places on individuals. The mind may struggle to find peace, leading to restlessness and difficulty in achieving a deep, restorative sleep. Vivid dreams related to the deceased can also be a natural part of the grieving process, as the subconscious mind processes emotions, memories, and unresolved feelings surrounding the loss.

CASE - E

1. Personal Experience of a family members who lose their loved ones.

“Losing my mother to COVID-19 was the hardest thing I've ever had to endure. She was not just my parent but also my confidante. When she fell ill, I hoped and prayed for her recovery, but the virus had other plans. We will never forget that period because it was not a COVID-19 effected death it's a suicide. The pain of losing her was overwhelming, made worse by the fact that I couldn't be by her side in her final moments.”

The suddenness and unexpected nature of her death, compounded by the fact that it was a suicide, add layers of pain and complexity to your grief. Suicide loss can bring about intense feelings of shock, guilt, confusion, and questioning of what could have been done differently. The inability to be by her side in her final moments adds another dimension of sorrow, as the desire to offer comfort and support to a loved one in their time of need is a natural response.

Not being able to say goodbye or express final sentiments can create a profound sense of loss and longing.

2. psychological or physical effects after the death of loved ones.

“In that time, we are in quarantine. My mother lived alone in our Tharavattu veed, she like to stay with my father’s presence. So, we didn’t see her in the last moment. Mentally I was not prepared for her death. it’s really unbelievable. Main reason was her death is fear of corona.”

Losing a loved one under such circumstances can leave individuals grappling with a range of emotions, including sorrow, regret, and a sense of helplessness. It's important to acknowledge and validate these feelings while seeking support from loved ones or professional resources to navigate through the grieving process and find ways to cope with the loss.

3. Impact of family’s social interactions during the time.

“The society play a major role in death of my loved mother. They make afraid of her in the name of COVID. I don’t know why them spread wrong information about the pandemic.”

In this situation, it's understandable to feel a sense of betrayal or anger towards those who perpetuated false information and contributed to her mother's death. Addressing misinformation requires collective efforts from individuals, communities, and institutions to promote accurate information, combat rumors, and encourage responsible behavior.

Findings

Respondents said the thought of losing a family member to COVID-19 was overwhelming and was the worst mental health crisis they had ever experienced. They need psychological support from the healthcare team in order to adapt to the current situation and overcome the pain. Emotional content falls into four categories: feelings of guilt and shock, strange funerals, bitter farewell & strange burial.

1. ***Feelings of regret and Shock***: Respondents expressed overwhelming feelings of guilt and shock in response to the loss of a family member to COVID-19. This suggests that the sudden and unexpected nature of the loss, coupled with the circumstances surrounding the pandemic, intensified feelings of remorse and disbelief among the bereaved.
2. ***Unusual Funerals***: The study identified a category of emotional content related to the unconventional nature of funerals during the pandemic. The inability to hold traditional funeral ceremonies or participate in customary mourning rituals likely added to the distress experienced by the respondents, highlighting the disruption and challenges faced in the grieving process.
3. ***Sorrowful Farewell***: Respondents described their farewells to their loved ones who succumbed to COVID-19 as bitter or sorrowful. This suggests that the circumstances surrounding the pandemic, such as restrictions on visitations and limited opportunities for meaningful goodbyes, contributed to feelings of unresolved grief and emotional pain among the bereaved.
4. ***Unusual Burial***: The study also found that respondents experienced emotional turmoil related to the burial process of their family members who died from COVID-19. The unfamiliarity or strangeness of the burial procedures, potentially influenced by safety protocols or restrictions, likely compounded the grief and distress experienced by the respondents, further underscoring the need for psychological support to navigate these challenging circumstances.
5. ***Concern about unreligious burial***: The participants expressed deep distress over the possibility of their loved ones being buried in a non-religious and unorthodox manner due to COVID-19 restrictions. They found solace in knowing that, despite being unable to have traditional funerals with family and friends, their loved ones would still receive a proper religious burial. The concern stemmed from reports that COVID-19 victims were buried without customary rituals such as bathing or shrouding, intensifying their anguish.

Suggestions

- Understanding the psychological crises faced by families who have lost loved ones to COVID-19 can assist healthcare providers in supporting their emotional recovery. Therefore, there is a critical need for comprehensive research into the psychological challenges these families encounter. This study, the first of its kind in qualitative

research within this field, identifies two main themes: emotional shock and feelings of isolation.

- Encourage open communication about these feelings, emphasizing that they are natural responses to loss. Expression of feelings will help to cope more effectively with the problems. The families of COVID-19 victims face significant emotional shock due to restrictions on funerals and concerns about unreligious burial practices. They experience guilt, bitterness, and isolation, often ruminating over their loved ones' deaths. These feelings can lead to anxiety and distress. Additionally, they fear for the future, worrying about family stability, financial security, and social interactions. Emotional support for these people was essential.
- Implement strategies for managing anxiety and distress, such as relaxation techniques, cognitive-behavioral therapy (CBT) interventions, or referrals to mental health professionals for more intensive therapy if needed.
- Develop interventions specifically targeting the emotional shock experienced by families, acknowledging the additional distress caused by restrictions on funeral practices and concerns about burial practices. Offer support in navigating the practical aspects of funeral arrangements and provide information on alternative memorialization options.
- Encourage healthcare providers to initiate open and non-judgmental conversations about the families' emotions, emphasizing that their feelings are natural responses to loss. Validate their experiences of emotional shock, isolation, guilt, and bitterness, normalizing these reactions within the context of the pandemic.
- Emphasize that grief is a natural and individual process, and there is no right or wrong way to grieve. Help families understand that a wide range of emotions, including shock, anger, sadness, and guilt, are common responses to loss, especially during such challenging times.

Conclusion

The COVID-19 pandemic has brought about a profound mental health crisis within families, with far-reaching implications for emotional well-being and resilience. This study sheds light on the significant impact of the pandemic on families' mental health, highlighting themes of feelings of guilt and shock, strange funerals, bitter farewell & strange burial. To help families, we need to talk openly about their feelings and provide support. This could include teaching them relaxation techniques, like deep breathing or listening to calming music, and helping them change negative thoughts through counseling. It's also important for families to take care of themselves by sticking to routines, getting enough sleep, eating well, and exercising. By doing these things, we can help families cope better with the challenges of the pandemic and feel stronger emotionally. We all know it was a hardest time for all. And all the events were truly unexpected. Socially and emotionally all of the people in world faces many crises. The families who lose their loved ones faces more challenges during that period.

The spread of COVID-19 across all provinces of Kunnankulam has posed unprecedented challenges to the healthcare system, placing a significant burden on both medical resources and the psychological well-being of affected families. The findings of this study highlight the profound emotional impact experienced by the bereaved families of COVID-19 victims, who face heightened feelings of loss and emotional shock compared to others.

References

- Areeba Shaikh, E. P. (2022). COVID-19 and mental health: a multi country study—the effects of lockdown on. 18.
- Fateme Mohammadi, K. O. (2021). The mental health crises of the families of COVID-19 victims: a qualitative study. 18.
- Javad Yoosefi Lebni, S. F. (2022). Lived Experiences and Challenges of the Families of COVID-19 Victims: A Qualitative Phenomenological Study in Tehran, Iran. 20.
- Leila Ostadhashemi, F. A. (2022). Complicated Grief: Lived Experiences of Those Bereaved By COVID-19. 17.
- Cao W, Fang Z, Hou G, Han M, Xu X, Dong J, et al. The psychological impact of the COVID-19 epidemic on college students in China.