

Death Anxiety among Young Adults in the shadow of COVID 19 Lockdown

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Short Communication

ABSTRACT

It is during the years of young adulthood (20 to 40 years of age) death anxiety most often begins to become prevalent. However, during the next phase of life the middle age adult years (40 to 64 years of age) death anxiety peaks at its highest levels when in comparison to other stages of life span. The current research observes the level of death anxiety of young adults in the shadow of COVID-19 lockdown. The infectious Corona virus disease was primarily declared as an epidemic following the outbreak in Wuhan and other states in China. The disease was later declared to be a pandemic with a massive outbreak in international countries such as the USA, UK, India, Germany, Spain, Australia, etc. People reported varying degree of symptoms, from mild symptoms to chronic symptoms. The lockdown caused increasing difficulties for families in terms of financial constraints, layoffs, loss of educational opportunities and mental health issues. At the onset of the lockdown, the world witnessed a steep rise in the levels of anxiety and exhaustion, especially among the young adults which were attributed to factors such as 'work from home', work-life balance, increasing pressure from organizations and institutions, online classes and a sedentary lifestyle on account of the lockdown. The paper will discuss about the observations made among Indian and Foreign participants and their level of death anxiety.

Key Words: Death Anxiety, COVID-19, Foreigners, Indian, Lockdown