



The Impact of Covid-19 on the Mental Health and the role of Social Support in Pakistan

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Abstract:

The year 2020's recent circumstances have been on high alert and have transformed into a "Fight or Flight" situation. Featuring (Covid-19) on top of the list: we've seen a brand new respiratory virus pandemic making lives miserable for every individual around the globe since the year began. Since the coronavirus (Covid-19) was reported in December 2019, conditions have not yet been controlled and are causing tremendous destruction worldwide.

The current study aimed to exploring the impact of Covid-19 on the mental health of the citizens of Pakistan and the role of social support in this regards. Data was collected from all around Pakistan through electronic means within the age range <20 to 60+. Analysis had been done by appropriate statistical technique on SPSS 20. Measurement scales utilized in this study were Impact of Event Scale-Reverse (IES-R) was used to measure the impact of (Covid-19) on the mental health and Short-version of Social Provisions Scale (SPS) was used to measure the social support in this regards on the citizens of Pakistan. The purpose of this standpoint was to encourage investigations into Covid-19's mental health impacts from an individual needs perspective that recognizes the fundamental danger the virus presents to human well-being, and also how significant social support is in this context.

Biography:

Asra. A. Ansari, age 26 is a research scholar and a student. She completed her B.S. in Psychology from Pres-



tonUniversity, Islamabad in 2018 and recently completed her M.S. in Healthcare Management from Riphah International University, Islamabad. She has written few articles related to Psychology and Mental Health and currently working on her book "Break the Unbreakable" to break the stereotype present in society. For years, her efforts have concentrated on the growing adolescent population within area of Pakistan which has led to service through community events, and participating in volunteering works, helping adolescents who are struggling with various mentalhealth crisis at their age by providing on call counselling as a motivational counselor; as well as being intern in various organizations. She also have manages to gain certifications for mentalhealth and psychology related courses from different renowned universities of world online.

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