



## Psychical Suffering in the Time of Covid-19

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### Editorial

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### Editorial

After a few months of social detachment, it was realized that this measure is ineffective for controlling the virus propagation curve, in addition to having, as a side effect, the appearance of mild mental disorders in many Brazilians. Social detachment led to a change in behavior and the emergence of negative feelings such as anger, irritation and sadness in the people who are in their homes.

The best explanation for this is the fact that people are away from social life. Physical contact, which used to be daily, was limited to virtual meetings, through social networks and whatsapp. As a result of this social detachment, many people began to experience symptoms of anxiety, depression and stress. Until the Pandemic, these disorders were present in the individual's life, in large part, in the face of an accelerated and tumultuous life.

But if the hustle and bustle of this contemporary society has been replaced by a period in the home, what would be good to rest and unite the family, then why the emergence of these disorders?

The answer is simple, man is an animal that needs to interact with others of its kind, to feel belonged to a group. Karl Marx, in his book entitled "Economic-philosophical manuscripts" commented that the human being is of a social nature, because it is in the social environment that he presents his links with men, his relationship with others and the relationship of others to him. Therefore, distancing oneself from people is something that goes against the nature of the human being and, when it occurs, causes damage to mental health and the consequent appearance of mental disorders.

With that, it appears that the alarming increase in cases of anxiety, depression and stress is a phenomenon arising from this distance between people.

Looking to maintain their mental health, people who are at home have been looking for activities and tasks to fill time and stay healthy. However, some look to the drink for a solution to reduce the psychological symptoms resulting from withdrawal. Research shows that in this pandemic period there has been an increase in the consumption of alcoholic beverages.

It is easy to understand that this drink is being used as an "anxiolytic" (medication used for anxiety and stress), since ethyl alcohol is a depressant drug of the Central Nervous System that offers a feeling of relaxation and well-being to the user, as well as a temporary escape from the suffering experienced with the consequences of the pandemic.

A result of the abuse of alcohol in these conditions is that when combined with situations of tension, it makes the individual more impulsive and aggressive, generating interfamily violence. During this period of pandemic, there was an increase of almost 50% in cases of domestic violence.

From these exposed issues, it is understood that the impact of this pandemic on the mental health of Brazilians is notorious and I do not risk a prognosis, as new developments may arise, worsening the situation. However, in this scenario, I note that the presence of the psychologist has been shown to be essential for the recovery and maintenance of the population's mental health, presenting itself as a key player in the fight against this pandemic.

