

Happiness & Sustainability Around the Earth

IMPACT OF COVID-19 PANDEMIC ON MENTAL HEALTH: Implications for Happiness



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**Happiness depends on mental health according to the Origins of happiness report
Research also indicate that elimination of mental health problems such as anxiety and depression increased happiness by 20%**

COVID-19 may represent an unprecedented phenomenon to most people which could have negative impact on their happiness

As at 11 April, 2020 a total of 829 participants consisting of 391 females, 436 males and 2 participants who prefer not to say, have completed the questionnaires from different countries worldwide

Age range: 18 -72 years

In this study 93% of the respondents have adequate knowledge about COVID-19 obtained from various sources

The lockdown period created serious strain for the participants



Preliminary Findings: Covid-19, mental health and happiness

Mental health response to COVID-19 and lockdown among the participants as reported include:

- ❖ fear
- ❖ Sadness
- ❖ Anxiety
- ❖ Others are:
 - ❖ loss of sleep due to worry
 - ❖ perceived depression and worthlessness
 - ❖ inability to enjoy day to day activities
 - ❖ everything considered unhappy.
- ❖ These findings agree with the report from National Alliance on Mental Illness (NAMI, 2020) and Origins of Happiness report that mental health problems reduce happiness.



What to do: Promoting Happiness

- ❖ The experience of COVID-19 is a clear indication that we can not have it all
- ❖ Happiness could be promoted even as we wait for the end of COVID-19 pandemic and the vaccine
- ❖ We can be happy if we see the lockdown as an opportunity to save our lives and those of others
- ❖ Social distancing could be replaced with distance socializing to alleviate the mental health problems, promote social support, connectedness and happiness
- ❖ Happiness could be promoted by engaging in activities that are fun filled and enjoyable



- ❖ To be happy identify the sources of mental problems and keep them in perspective
- ❖ Make every effort to keep positive
- ❖ Reduce your frequency of assessing news on COVID -19 to morning and evening and fill the gap with other pleasurable activities even as you keep safe
- ❖ Listen only to experts
- ❖ Be kind and considerate to others
- ❖ Think about things you can be grateful for in your life and environment
- ❖ Make informed and wise decisions
- ❖ Let the awareness that many people have recovered from COVID-19 encourage you to be optimistic and happy



