

Navigating COVID-related trauma during lockdown enforcement period

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ABSTRACT

In the face of the unprecedented challenges posed by the COVID-19 pandemic, this article thoroughly explores the intricate landscape of COVID-related trauma and psychological distress experienced during lockdown enforcement, analyzing its origins and repercussions. By delving into individuals' experiences throughout the lockdown period, the study investigates how lockdown measures contributed to heightened trauma and psychological distress, particularly focusing on triggers such as illness fear, disrupted routines, and social isolation. The profound impact of isolation and restrictions on mental health and well-being is scrutinized, revealing disparities among various demographic groups in enduring COVID-related trauma. The article underscores adaptive coping mechanisms, like virtual connections and creative outlets, while emphasizing the crucial role of mental health support in mitigating trauma effects. It also elucidates the amplified trauma resulting from pandemic uncertainty and lockdowns, highlighting technology's role in alleviating distress. Cultural factors are examined, and the article concludes by offering recommendations for policymakers to integrate mental health services into crisis response plans, foster community resilience, and enhance public education on coping strategies to promote overall well-being during crises.

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Introduction

Amidst an unparalleled global upheaval, the profound complexities of trauma stemming from the COVID-19 pandemic are delved into by this article, as individuals were thrust into uncharted realms of uncertainty by the outbreak, compelling them to grapple with fear, seclusion, and disrupted routines (Wu et al., 2021). The research aims to uncover the elements that lead to increased psychological distress. These factors encompass the persistent worry about illness, disruption of daily routines, and prolonged lack of social interaction (Xiong et al., 2020).

Furthermore, the study intends to delve into the unique encounters of various individuals, with the objective of revealing the complex components intertwined in the trauma associated with COVID. The impact of isolation and restrictions on mental health across different demographic groups were examined, revealing disparities that emphasize the critical need for tailored interventions (Bojdani et al., 2020). Instances of resilience and adaptive strategies emerge amidst the darkness, as virtual connections bridge physical gaps and creative outlets offer solace amid turmoil.

The significance of these mechanisms, coupled with essential mental health support, takes center stage as strategies to mitigate the lasting effects of trauma are probed in the article. However, against the backdrop of pandemic-induced uncertainty, the echoes of trauma resound more intensely, highlighting the heightened trauma resulting from the interplay between the unpredictable virus and ever-evolving lockdown measures (Ren et al., 2020). Within this context, the paradoxical role of technology becomes apparent, simultaneously amplifying distress and offering avenues for relief, viewed through the lens of cultural influences (Zhang et al., 2023; Garfin et al., 2020). Constructing a collective understanding of trauma that transcends individual narratives, this work unravels how cultural nuances intersect with psychological distress, paving the way for a more comprehensive approach to trauma alleviation. This

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