



# Health Anxiety and Social Health among Volunteers and Healthcare Workers Exposed to the Coronavirus

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## DESCRIPTION

Health anxiety encompasses little anxieties about physical sensations and major worries about one's health and mental instability in addition to bodily sensations. At-risk patients are frequently instructed to maintain their bodies for potential symptoms as part of their self-care. When organic pathology is absent, health anxiety might arise. Eventually, this anxiety develops into a challenging clinical issue for the person, family and treatment system. It also has a severe impact on communities on an economic and social level. Anxiety impacts a person's physical and psychological well-being, as well as their social well-being and overall quality of life. It is well established that psychological variables are crucial to the effectiveness of public health policies used to control epidemics and pandemics. The effectiveness or failure of each of these strategies is significantly influenced by health. Therefore, it is crucial that public health decision-makers, health authorities and healthcare professionals from a variety of specialties comprehend how reactions to viral epidemics including current responses to COVID-19, would be influenced by health concern. Coherence, integration, contribution, actualization and social acceptance are the five characteristics that make up social health and they can all have a positive impact on one's sense of health and ability to deal with anxiety and social health are quite restricted.

The association between health anxiety and social health in healthcare professionals is investigated in this. Healthcare professionals made significant contributions to the healthcare industry and were at the forefront of the fight against the virus during the Corona epidemic. According to this study, social health and health anxiety, work position and access to health care are all significantly correlated (by occupation). The findings indicated that social health accounts for 83% of changes in health anxiety. Previous research on the SARS virus revealed that

the majority of healthcare professionals had psychological problems. Concluded that in order to handle the corona crisis and its effects, psychosocial measures were required. For the elderly, these interventions are especially crucial. Believes that those with physical illnesses or those who are at risk for the condition are more likely to experience health anxiety. In comparison to other persons, nurses and medical personnel had a higher risk of mental disorders, stress and anxiety. Social workers and volunteers in this reported lower levels of health anxiety than nurses, possibly due to their better levels and capacity to offer psychosocial support to others impaired health-related quality of life has been linked to anxiety disorders. Physical, psychological, social, economic and cultural elements have a role in social health. Numerous elements of health and social interactions might suffer from high levels of health anxiety. Isolation and quarantine, which are more severe kinds of social seclusion, have triggered despair and anxiety in recent pandemics. In addition to causing physical and physiological suffering, outbreaks of Corona also result in psychological issues such mental disorders brought on by home quarantine and disruptions to daily routines. Even after they have physically recovered and been discharged from the hospital, many of these people will still experience some level of sadness and anxiety disorders. Epidemic crisis situations can have both beneficial and negative psychological and social consequences on community members' physical, mental and social wellbeing. The person's mental and psychological underpinnings become unsettled during a crisis. Control and predictability lose some of their strength due to this misunderstanding. A person's degree of anxiety might rise as a result of feeling uneasy. Increasing health concerns can have detrimental effects on people's social scientists and health authorities must recognize this vicious cycle and offer workable solutions. These interventions may include increasing public awareness, attempting to lessen social anxiety and stress, and enhancing social functioning and social support.

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