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Mental Health and Coping Strategies among Health Professionals during Covid-19 Pandemic

Oyin Mibang¹ and Kakali Goswami²

Abstract

Mental health is a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to the community. All over the globe, general population as well as health professionals has suffered due to COVID-19 pandemic, which became one of the most common reasons for mental health consequences. The aim of the study was to find out the level of mental health and coping strategies five dimensions i.e. Approach (Behavioral, Cognitive and Cognitive- Behavioural) and Avoidance (Behavioural; Cognitive). This correlational, health sector-based survey study collected socio-demographic data, mental health inventory questionnaire and coping strategies scale questionnaire from 71 health professionals from Arunachal Pradesh. The Mental Health Inventory-5 (MHI-5) was developed by Berwick DM, et.al.; 1991, was used to measure the mental health and Coping Strategies Scale developed by Srivastava (2001) was used to measure the five sub-scales of coping strategies among the health professionals during COVID 19 pandemic. The findings revealed that there was a positive and significant correlation between the mental health and coping strategies of health

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