



## **DEPRESSION AS A CONSEQUENCE OF THE PANDEMIC: ANALYSIS AND PROFESSIONAL APPROACH**

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**Annotation.** *The Covid-19 pandemic has caused mental and emotional health problems for various age groups, including students. This primarily affected the academic performance of students who faced emotional and mental problems. Due to the difficult situation in which the patients found themselves, not everyone could cope with the problem on their own. The factors of the development of this condition are analyzed. To solve this problem, various psychological methods are offered, as well as a professional approach that improves active and cognitive abilities.*

**Key words:** *depressive, mental, pandemic, education, analysis, social, health.*

The coronavirus pandemic has had a profound impact on people's health, education and work. There are many studies that a person's emotional needs became the most vulnerable in times of crisis. The closure of almost all organizations and educational institutions and depriving people of the possibility of physical and social contact has created an isolated state for almost every member of society. So, after the pandemic, during the transition from online education to offline learning, there is a sharp increase in the physical consequences and psychological stress factors associated with the consequences of covid. The students faced misunderstanding from both teachers and doctors. Since the specifics of all the complications have not yet been fully disclosed, there is a misunderstanding between them. Patients who have undergone coronavirus often complain of anxiety and fears. Therefore, the number of depressive states is growing, and this problem requires a long and in-depth analysis. The problem of assimilation of the studied material by students affects many studies. After all, the future professionalism of a specialist depends on the quality of the education received. This determines professional mobility in the future, which is laid down during the years of study at the university. The pandemic has had a big impact on student academic performance. Thus, among university students in our country, there was a sharp increase in the physical consequences and psychological stress factors associated with the consequences of COVID-19. Students face misunderstanding on the part of teachers and doctors, since the specifics of all complications have not yet been fully disclosed. Patients with coronavirus often complained of anxiety and fears. Therefore, the number of depressive states was growing, this problem required a long and in-depth analysis. The given problem is still being studied by many experts, and is the topic of discussions among psychologists, doctors and scientists all over the world. Mental health is

associated with academic performance. It is known that coronavirus infection affects the nervous system, which often leads to neurological syndromes such as depression, impotence, chronic fatigue and sleep disorders. The problem is that this problem cannot be ignored, because prolonged depression has very serious consequences. Patients recovering from COVID-19 should lead a full and healthy lifestyle. The problem of assimilation of the studied material by students touches many educations. After all, the future professionalism of a specialist depends on the quality of the education received. This determines professional mobility in the future, which is laid down during the years of study at the university. The pandemic has had a big impact on student academic performance. So, among the students of universities in our country, there was a sharp increase in the physical consequences and psychological stress factors associated with the consequences of COVID-19. Students face a lack of understanding on the part of teachers and doctors, as the specifics of all complications have not yet been fully revealed. Coronavirus patients often complained of anxiety and fears. Therefore, the number of depressive states was growing, this problem required a long and in-depth analysis.

It is known that coronavirus infection affects the nervous system, which often leads to neurological syndromes such as depression, impotence, chronic fatigue, and sleep disturbances. The problem is that this problem cannot be ignored, as long-term depression has very serious consequences. Patients recovering from COVID-19 should lead full and healthy lives. As some of those who recovered noted, a depressive state arose, which could last for months, young people complained, were offended, worried about trifles. They complained, that the studies suffered especially. They did not want to study, there was a decrease in concentration and attention, a sharp deterioration in memory and mental abilities. In addition, students often had problems in the family and study. Communication with parents and classmates became more difficult. The authors tried to delve into the problem itself, how deep it is, how people relate to it and why it has spread so widely, especially among young people. They recovered after COVID-19, but had psychological problems. It turned out that many people had psychological problems. Some of them did not feel any changes. Less of them noted an improvement in well-being, and then a deterioration. The positive effect was in people who experienced problems with lack of sleep. Changes for the worse were also rarely noted in those who belong to the group of introverts. And most importantly, the indicators of mental problems were similar in most cases. They complained mainly of anxiety, loss of sleep and appetite. Memory problems should be noted separately.

The one of the reasons is isolation, as well as the psychological impact of a potentially fatal disease, which contributes to the development of post-traumatic stress disorder. Those who have been ill have not only reduced immunity and stress resistance, they have apathy, asthenia, lack of strength. Even those who



have not been ill lose their stress tolerance, because they focus on bad news. Here it is necessary to distinguish between a bad mood and depression. Sadness-sadness will really pass, but depression is a real disease, the cause of which is a decrease in serotonin levels in the body, and often people need medication. A timely visit to a psychotherapist and the initiation of the use of appropriate drugs is necessary, which, unfortunately, is ignored by a considerable number of young people. It is obvious that people in the above condition need a timely visit to a psychotherapist and the start of taking appropriate medications, which, unfortunately, is ignored by a significant number of students.

The problem requires further research, and undoubtedly, many methods have been proposed by doctors, experts and scientists. For example, take oral anticoagulants, remedies for stress and anxiety. Relaxation sessions are also effective. Specialists prescribe medications that in many cases really help. In any case, to overcome the above problems, people need the help of a professional, as well as close relatives and friends around the patient. Expert advice, various online support programs are also effective. In addition, they need complete relaxation, a change in climate and environment, sports that have a beneficial effect on a particular body, spending time with pleasant people, walking, etc. It is also necessary to take into account the characteristics of the body and the course of the disease, constant monitoring of the patient, since only a specialist neurologist, psychotherapist or psychiatrist can assess the depressive state. In the case of delayed neurological syndromes, the help of therapists or vascular neurologists is also necessary. In any case, one needs a specialized expert who will make an accurate diagnosis and determine the methods of treatment.

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