

PSYCHOLOGICAL IMPACT OF COVID-19 ON HEALTHCARE WORKERS' PERFORMANCE IN KARACHI- A CROSS-SECTIONAL SURVEY

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DEDICATION

I am Dedicating my thesis work to my parents, my teachers, my friends and my colleagues, who supported me in completing my research, MBA and accomplishing my goals. I am thankful to all of them for their support, attention and love throughout my academic and personal life.

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ABSTRACT

BACKGROUND

Covid-19 emerged from China in end of 2019 and spread all over the world in 2021. The pandemic shook the healthcare systems all over the world even in developed countries like USA and Italy. This pandemic affected the healthcare workers psychologically and productivity at their workplace as well. This study was conducted to evaluate the psychological impact caused by Covid-19 on healthcare workers performance in Karachi.

METHODOLOGY

Data was collected from 304 respondents by using a compilation of standardized survey questionnaire consisting of 32 items in total in which 7 consist of demographics and general components, 21 components of independent variables and 5 components of dependent variable. 23rd version of SPSS was used to first test the reliability of the scale and then ran test for hypothesis testing.

FINDINGS

The findings of the study according to the data collected from survey is that psychological factors and healthcare workers' performance are connected with each others, psychological health has a major impact on job performance. During the COVID-19 the mental health of almost every healthcare worker affected and it also affect their productivity at their workplace. Healthcare workers' performance reduces due to anxiety, depression, insomnia, Somatization, and fear of being carrier of virus.

LIMITATIONS

Due to pandemic limited number of samples, time constraints and biasness as it was self assessment survey, these were the limitations in this study.

RECOMMENDATIONS

Health care organization should provide proper trainings how to deal with psychological symptoms and proper provision of personal protection equipment and conduct counseling sessions for mental and physical health.

KEYWORDS:

Covid-19, psychological health, mental health, physical activity, healthcare workers, anxiety, depression, insomnia, Somatization, fear of covid-19