

## **Individual's Awareness, and Mental Health and Psychosocial Consequences Regarding the COVID-19 Pandemic**

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**Abstract** – The Corona Virus 2019 pandemic is affecting the whole world. Although initially emerged as the health problem, it now has significant impact on social, educational, economic and political sectors worldwide. Another important issue is the waste management in the context of COVID-19 which could affect environmental sanitation. Concerning the health sector, mental health issues should not be ignored as mental health is an important part of overall health and wellbeing of an individual. It is undeniable that COVID-19 pandemic is a stressful condition. It could lead to uncertainty, fear of being contaminated or contaminating others, stress, anxiety, worries about job security, and disrupted social networks. These conditions could cause mental health and psychosocial problems causing additional social, educational, and economic consequences. There is a clear link between mental illnesses and poverty. Combination of aforementioned factors could put a strain on individuals, families, communities, societies and countries. Thus, effective measures to eradicate COVID-19 or bring the situation under control become universal concern. In these measures, gaining more knowledge about the virus and technological advances like development of effective medications and vaccine are vital. However, individual's awareness and public participation must not be ignored. Individual's awareness regarding COVID-19 and its serious consequences, health behaviors, adherence to public health measures, COVID-19 related waste management, social responsibility, and preparation for living in new normal life are all important factors to be taken into consideration.

**Keywords:** Awareness; Mental health; Psychosocial; COVID-19