

The life style, Anxiety and depression of the dump yard dwellers in Stalin Nagar, Ariyamangalam Village, Tiruchirappalli district due to Covid-19.

C.Surendran¹, Dr. F.Carter Premraj²

¹*Doctoral Research Scholar, Department of Social Work, Bishop Heber College, Tiruchirappalli, Affiliated to Bharathidasan University, Thiruchirappalli-620017, Tamil Nadu, India*

²*Assistant Professor, Department of Social Work, Bishop Heber College, Tiruchirappalli – 620017.*

Abstract: *In Tiruchirappalli district, over 400 tonnes of waste collected from across the city and dumped at Ariyamangalam yard on a daily basis, which is spread across 55 acres. While this waste has grown to over 12 lakh tonnes over the years. At the same time, over 250 persons from 70 families are depending on this dump yard, they have been living for the past 40 years near about this dump yard, Peoples whose livelihoods depending on this dump yard, dumping of wastes are their sustenance. Germ, This single word is plaguing the whole world today, doing everything to protect themselves from it through New technology, In this context, the purpose of this research is to measure the lifestyle, depression and anxiety of the people of Stalin Nagar, Ariyamangalam village, Tiruchirappalli district, who have been living for four generations among the germs of life surrounded only by garbage, and the social demographic characteristics of those who have been taken for research. Explain and find out the similarities and differences in the nature of respondents' depression and anxiety. From a total 250 members of 70 families, of whom 50 persons between the ages of 25 and 40 are selected by lottery method from both gender. A questionnaire is prepared to determine their identity, the answers are obtained, and developing the conceptual and theoretical ideas concerning the lifestyle, depression and anxiety of Dump yard dwellers during Covid-19, protecting them from the depression and anxiety of Covid-19 and focusing to improving their quality of life through this research.*

Keywords: *Dump yard, Dwellers, Lifestyle, Depression, Anxiety, Covid-19*

1. INTRODUCTION

As always, the study of Quality of Life and Slum Progress has been an important one, because every year around the world, this is due to the increasing number of slums as a result of urbanization. In that sense the study of the Quality of Life of this region is important. The dump yard dwellers residence, which lives on the rubbish heap, is not at all contradictory to the Slum residence we know in general. As people who move to the city in search of survival from the suburbs and village as a result of urbanization are unable to set up their habitat in cities, economically, hence they set their residence aside in along the canal margins, railway tracks and margins urban areas, as is called slums. With the same purpose worldwide, the

lives of these people who sought refuge in this rubbish heap about four generations ago from the northern districts of Tamil Nadu, beyond the many tribulations and tragedies, meet this Covid- 19. Compared to other Slum peoples, they are slightly different because in other Slums, they travel elsewhere for earnings and return here for habitat. But in Stalin Nagar all of their earnings and habitat is just rubbish. Basic amenities and unsafe housing, houses built with sheets and plastic covers, an unheard-of environment without any structure, a place where no health facilities or other services can even be reached, the lifestyle of unhealthy people, all of these completely degrade their quality of life. Therefore, improving their quality of life is of utmost importance.

(Singh, 2009). “Quality of life studies form part of human geography, radical geography and welfare geography and of philosophical geography. The quality of life studies are becoming more relevant for inclusive development of society and country”[1]. Social ups and downs and better living standards are new research sites in the modern age. Human geography and philosophical geography are a part of life. Individual quality of life and community quality are the factors that contribute to the development of a community and a country. Therefore, such a study becomes an appropriate one. (Vale 2007) “Pollution in environment badly affects the condition of human health in several ways and causes several diseases among the slum dwellers. In this context, it is imperative to note that there is need to pay proper attention to the quality of life (QoL) of persons residing in slums with a viewpoint of maintaining sustainable development”[2] The 19th and 20th centuries saw a general growth of slums in countries such as the United States and Europe. Nevertheless, more recently, the proliferation of overcrowded slums has become more prevalent in underdeveloped and growing urban areas. Healthy living is considered as a precious treasure and important symbol in human life. It is based on different components, depending on the doctors, hospitals, clean drinking water, clean environment etc. Environmental pollution is the most important aspect of human health. It causes many diseases among slum dwellers. It should be realized that proper attention should be paid to the quality of life of slum dwellers in such an environment. It is necessary to improve the quality of life of slum dwellers through various perspectives, including the quality of life in development policies. It is in this life situation that they meet Covid-19, which is threatening the world. Wash hands with soap and water, use a sanitizer, wear a face mask, 2m spacing, For these people, where none of this is possible, in this situation, it is necessary to examine the anxiety and depression caused by the impact of Covid-19.

2. REVIEW OF LITERATURE

For this study, a close look at the closely related previous studies and literature and its summaries are presented here as follows.

John Friesen et al.(2020) : With regard to the living conditions of slum dwellers, information on their health is not fully available, and one of the biggest problems with global slums, especially in the southern slums of Covid-19, is that data on condition of health is not satisfactory. And, the social distancing is being implemented as a safety measure around the world, making it impossible for slum dwellers living in very close quarters, and warns that the risks of contracting respiratory disease are high here, due to air pollution

Mahaveer Golechha (2020): As soon as the spread of Covid-19 was detected in Dharavi, the municipal administration greatly improved its operations. In addition, the municipal administration has formed a partnership with various civil society organizations and local medical associations to effectively control and bring under their activities such as surveillance, tracing, awareness giving and arranging food.

3. RESEARCH METHODOLOGY

Purpose of the Research

The purpose of this research is to help meet their current need by learning about the impact of Covid-19 on the lifestyle of the Dump yard dwellers in Stalin Nagar, Ariyamangalam, and the anxiety and depression they have experienced in their normal lives.

Objectives

- To describe the Socio demographic Characteristics of dump yard dwellers.
- To learn the depression and anxiety due to the Covid-19 pandemic period.
- To study the changes of lifestyle in Covid-19 impact.
- Obtain feedback from 25 to 40 year olds and identify the current context and needs based on it.

Research Design

A research design is a "Map / Blue Print" that helps investigators solve problems during the investigation and guide them through each stage of the research. Research design is a guide that helps to collect, analyse and organize data, which helps to identify the purpose of research most accurately. This study describes the lifestyle of Dump yard Dwellers, depression and anxiety during the catastrophic periods of Covid-19.

Universe and Sampling

In this study the researcher universe was 250 members of 70 families, from them the sample has been taken for the study was 50 members from both gender in between the age group of 25 and 40. The sample was used to selected is simple random sampling adopting lottery method.

Tools of Data Collection

The data collected from primary data and secondary data. The primary data has been collected by self-prepared questionnaires, which is relevant in getting facts. The secondary data are collected from the websites of relevant field.

Quality of Life's Concept and Definition

The concept of life refers to the quality of life that an individual lives, his or her physical health, economic strength, the way he or she integrates themselves into the general life stream, his or her health, physical, emotional, material and solid life. Quality of life is impossible to define within a definition, because the way of life of people in every part of the world is so different that it is very difficult to define it. Nevertheless, a few researchers have made a few definitions with the biographies of the people of their area and can take them. WHO defines people's quality of life based on their future plans, expectations and, based on the culture and social systems on which they depend. Barcaccia (2013) defines It highlights the positive and negative aspects of the public life of communities and the lives of individuals, including health, education, employment, family status, income, culture, and religious beliefs, as well as the ability to free oneself from one's dependent life. "Quality of life is subjective and multidimensional, encompassing positive and negative features of life. It's a dynamic condition that responds to life events: A job loss, illness or other upheavals". [3] Mercer (2019) explain that, Quality of life includes political affiliation, law enforcement, purchasing power, banking, cultural freedom, religious rights, medical facilities, sewerage, air pollution, education, entertainment, games, house and other house hold appliances. Political and social environment (political stability, crime, law enforcement, etc.), Economic environment (currency exchange regulations, banking services), Socio-cultural environment (media availability and censorship, limitations on personal

freedom), Medical and health considerations (medical supplies and services, infectious diseases, sewage, waste disposal, air pollution).[4]

Anxiety and Depression

Depression is a disorder in clinical disease that is commonly found, but can greatly affect human energy. It has negative effects on an individual, depending on how he thinks of an event and how he reacts to how it feels. Emotions caused by old events can cause loss of interest and a sense of dread, which can affect health, ability to work and family relationships, but can be cured, with a series of treatments.

Anxiety is a reaction to stress. It is a feeling that helps to warn one from certain unforeseen events and to prepare for and protect against stress. Anxiety disorders differs from normal feelings of nervousness, anxiety disorders are one of the most common mental illnesses and can affect many people. There are many effective, normal treatments that can be done to continue normal life. Rosalba-company-cordoba et all.(2020) Violent thoughts are more prevalent among adolescents living in such habitat conditions, mainly due to high mental stress, especially among teenagers.

Quality of Life in Stalin Nagar, Ariyamangalam dump yard dwellers

These people, who live in this dump yard area of Stalin Nagar, Ariyamangalam village, For the past four generations, people have been living on the 55-acres of dump yard as their capital, the source of which is their main source of income, which has met their needs. At present 1/10% of these people work as contract workers for the Tiruchirappalli Corporation who collect garbage from other areas and bring it to the dump yard. They are collecting garbage in wards 1,28,29,61,62 & 64 out of a total of 65 wards in Tiruchirappalli Corporation. Only a very small number, i.e. less than 10 persons, are engaged in other occupations, going to the market area about 5 km away for jobs such as driver and load man, more than 90 per cent of the remaining people depend on this dump yard alone. Their habitat is very poor, with more than 70 families living in a total of 30 houses. The area known as Stalin Nagar covers a total area of 6000 square feet. Without proper housing, drinking water and toilet facilities, they have been living an unplanned life for the last 4 generations. Like other slums, they are homeless, without adequate medical facilities, unable to use government programs and benefits, and live a life of inaccessibility. They are living with a variety of problems such as relationship problems, drug addictions, conflicts, harassment, neglect, casteism, skin diseases and undiagnosed mysterious diseases, unexplained deaths.

Demographic Characteristics of Stalin Nagar, Ariyamangalam dump yard dwellers

As important as the study of living conditions in other slums is, the demographic character of the Dump Yard Dwellers is one of the most important and these are largely consistent with the characteristics of other slums. This is because the socio-economic status of these people is completely different compared to the socio-economic status of other urban people. And when look at the cultural activities of other neighboring social organizations can feel that there are tremendous changes. Here we can see that there are more young people in both males and females than in any other area. Although this is a movement of working people in search of survival, it is surprising that this proportional variation continues for more than two or three generations. Moreover, the fact that the number of elderly people here is very small, the number of elderly people is low and the number of children and young people is high, it is reflects the reality of the slum living population of the 2011 Indian Census.

An overview on Covid-19

Corona virus-2019 is an acute respiratory syndrome caused by the novel corona virus, previously it was known as Syndrome Coronavirus-2 (SARS-Covi-2 formerly 2019-nCoV). It was first discovered from Wuhan city, Hubie Province in China, it was initially informed

to WHO knowledge on 31 December 2019 and WHO declared the Covid-19 as Global Health Emergency on 30 January 2020 following this on 11 March 2020 WHO declared the Covid-19 a Global Pandemic. As per the authorized report of WHO has declared the following current situation in worldwide.

Confirm Cases	Confirm Death	Vaccine Doses
15,86,51,638	32,99764	120,62,43,409
As on 11 May 2021 10.37	As on 11 May 2021 10.37	As on 10 May 2021

***WHO Report**

It is no exaggeration to say that the single word germ has wreaked havoc on the world today, to the extent that its effects have been fully realized worldwide in the past 2019 and 2020. The consequences will be remembered for generations to come. Because, in a time when science and technology were underdeveloped, deadly plagues like cholera and plague devoured humans. As well as technology touching the inner border, even in this century, the nations of the world are struggling to cope with this disaster, It handles all means to escape from it, including disabling public transport, isolating people and closing the country's borders. Wearing a mask, washing hands with soap and cleaning with sanitizers have become an integral part of life today.

Covid-19 and Quality of life of Dump yard Dwellers: A Theoretical Approach

John Friesen et al.(2020) clearly says that “social distancing, which is currently being implemented on a large scale across the world, is a physical impossibility in slums due to the high density of buildings and persons per dwelling” [5]Currently, social distancing is being implemented as a safety measure around the world, making it impossible for slum dwellers living in very close quarters, and warns that the risks of contracting respiratory disease are high here, due to air pollution. Mahaveer Golechha (2020) reported as “Dharavi had 491 cases in April 2020 with a 12% growth rate and a case doubling period of 18 days. The public health measures and proactive strategy adopted by municipal administration helped in reducing the COVID-19”[6]. According to Golechha, 491 cases were detected in Dharavi in April 2020, an increase of 12% from the previous level, and it was predicted to double in the next 18 days. As of 7 June 2020, there were 2335 positive cases and 352 positive cases and 1735 patients were reported to have recovered. This shows that the infection is controlled by very effective coordinated measures. One thing that is clear from the above studies is that the socio-economic status of slum dwellers is very low, isolation by very close lifestyles and other conservation measures are not possible here and there is a risk of rapid spread of respiratory infections. Based on this, in Stalin Nagar Dump Yard Dwellers, 50 people between the ages of 25 and 40 were selected from both genders by lottery method and questions related to Covid-19 were asked and answers were obtained. These results are given shocking and make realize that the government and NGOs need to be more proactive. To this day they continue to collect items from the rubbish heap, making it impossible to earn income as before due to the lockdown and time constraints. Due to lack of other vocational training or professional experience, they are unable to do of other careers. Overall people are out of work and paralyzed in their residential areas, causing space shortages and crises. Moreover, all of them depend only on public toilets for their use. Some people use the dump yard as a toilet at night. The condition of women is very miserable. In the absence of any

water facilities, lorry water is used for drinking and other use, and the push to obtain it is now greater than ever before. Economic shortages are rampant. The food items distributed by the government through the Public Distribution Scheme have been of some help in alleviating their need and alleviating the feeling of hunger. The socio-economic backwardness seen on the basis of many studies can be clearly seen here. The general lockdown had been led to a significant increase in strife between family members, violence against women, and relationship problems with near habitats. The percentage of alcoholics is the same as ever, and they are in a recession in keeping themselves clean.

All are had knowledge about the symptoms and effects of Covid-19 through social media. But there are only 29 people who have been vaccinated, and these are also contract workers working for the corporation, so they were forced to inject. Although some people suffer from dermatitis and other ailments, they feel that no one has any symptoms for Covid-19. However, It is noteworthy that they have not yet attempted to undergo any medical tests and have not been approached by any government agency. There is little to no apprehension about Covid-19. None of the measures to protect against it are followed here. Surprisingly in the last one year, they have not approached the doctor for any reason and in the meantime no deaths have occurred. In the above hazardous environment, more than one family lives in a one-room house in very close quarters.

FINDINGS

- They do not have the awareness of the basic necessities of life or the clear thinking of what is needed for their progress.
- They live in and close to even the most congested and vulnerable habitats.
- Basic amenities like drinking water, toilets and sewerage facilities are not found in the environment.
- Women and youth are paralyzed as no other occupations are known.
- Due to Covid-19, daily activities are seen in a paralyzed environment, depression and chaotic environment.
- Domestic violence and strife are rampant.
- No safety measures were followed, and no monitoring was carried out for Covid-19.
- There was no apprehension or defensiveness about Covid-19.
- No government medical tests or sanitizer sprays were carried out there.
- Not only government activities but also the assistance of NGO services are not available to them.

RECOMMENDATIONS

- Awareness should be provided to have a clear understanding of their needs.
- The government should pay special attention to provide vocational training to the youth and the coming generations to get out of the garbage dump.
- The government should focus on getting them involved in the social mainstream and building a prosperous life with strength in the future.
- Self-employment trainings, to get loan assistance to start a business and to get government schemes, should be guided.
- In the future, the disposal of this garbage will become a major issue for the nations of the world, according to many researchers. To protect against this, in the manufacture of useful products such as electricity, fuels and paver block and tiles from garbage, If the government pays attention to technology, it will be able to face the biggest challenge and create better employment opportunities for the youth.

- In today's catastrophic environment, they can be protected from the disease by undergoing a medical examination. Moreover, by identifying the noninfectious factors so far, even a permanent solution against the disease can be reached.

4. CONCLUSION REMARKS

The results of the above study have revealed many shocking facts to us. Safe housing with toilets, purified drinking water, sewerage facilities, and clean environment are some of the essentials that are widely known. But their condition is getting worse in disaster periods like Covid-19. This disaster made some kind of anxiety and depression on their lifestyle and daily activities, it reflects very clearly from the answers of both genders. However, they did not show any anxiety or fear about Covid-19. It is clear that the reason for this is the lack of awareness about it. They are far behind in adequate real awareness of such an environment. To this end, government and non-government organizations should be made accessible to them in a simple manner. Adequate work should be done to address the inadequacy of access to medical care, and to make liaison with the primary health care centers and Government hospitals through medical camps, which are easily accessible. The focus should be on creating other jobs and improving quality of life by providing alternative vocational training. Above all, the immediate need is to take the necessary measures to reach them for Covid-19 testing and preventive medical care.

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