

# Resilience: An Important Personality Dimension Lacked in Pandemics

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The novel coronavirus spread out declared a pandemic by the World Health Organization (WHO) that affected the world, causing severe suffering and claimed millions of lives since 2019 December [1]. The pandemic has changed the lifestyle, behavioral pattern, and productivity in such a way that it caused a threat to the physical and mental wellbeing of the world population. Studies reported adverse psychological effects like post-traumatic stress symptoms, confusion, and anger as the impact of quarantine [2,3].

Home confinement is a consequence of COVID-19, has evidence of increased depressive symptoms, which was reduced by moderate levels of physical activity irrespective of the size of the house [4]. Health care professionals who worked in the frontline of COVID-19 management have also shown high levels of depression, anxiety, and distress [5]. People with low income, those retired, student population, divorced people, and unemployed have been found to have depression and anxiety [6]. University students also suffer anxiety and depression due to the unacceptability of the learning process. Furthermore, psychological interventions are needed for the healthcare students to optimize the mental health and learning process alike [7].

Quarantine is an unpleasant experience, and its psychological effects are of wide range and can last longer. However, if quarantine is essential, measures like explaining the happenings, provide activities that can be undertaken, clear communications, ensuring basic supplies like food, water, and medical supplies to ensure tolerance to the public [8]. Successive lockdowns during different stages of the pandemic affect the people in several ways. Increased odds of anxiety/depression symptoms measured during COVID-19 lockdown was found to be high among women, low-income group and those who are lonely. Social isolation and loneliness are tenfold higher, especially among people with pre-existing mental health problems like depression, a predictor of worse recovery [9].

Hence it is essential to identify vulnerable populations at risk for mental health consequences before lockdowns due to pandemics. Studies identified that a significant protective factor that is needed for an adaptive response of an individual in stressful situations like pandemics is resilience. Enhancing resilience blocks the weak psychological functioning and fosters adaptation of individuals in adverse conditions like COVID-19 stringent measures and lockdowns policies. Resiliency plugs into more distinct aspects of character that are particularly important for adjusting to the challenges of an ever-changing environment [10].

Resilience has mediating functions in linking personality traits with depressive symptoms. Improving resilience or strength and developing adaptive personality traits is highly important in preventing and intervening with depression [11]. It may work against disturbing effects of adverse situations, simultaneously enhancing individuals' subjective well-being and promoting personal assets within unfavorable circumstances and defends an individual from the expected alarming impact of stressors [10]. Hence this commentary encourages the public to develop resilience during pandemic situations like COVID-19 to have a better control over psychological consequences like anxiety disorders and depression.

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