

Bölüm 2

COVID-19 PANDEMİ SÜRECİNDE DUYGUSAL YEME VE YEME FARKINDALIĞI

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GİRİŞ

Yeni Koronavirüs Hastalığı (COVID-19), ilk olarak Çin'in Wuhan Eyaleti'nde Aralık ayının sonlarında ortaya çıkıp başta Çin olmak üzere tüm dünyada hızla yayılmıştır (Lu, Stratton & Tang, 2020). Çin tarafından şiddetli akut solunum sendromu koronavirus-2 (SARS-CoV-2), Dünya Sağlık Örgütü (DSÖ) tarafından ise koronavirus hastalığı 2019 (COVID-19) olarak adlandırılan hastalığın tüm dünyayı etkisi altına alması neticesinde bu durum küresel bir salgın yani "pandemi" olarak ilan edilmiştir (World Health Organization [WHO],2020). Dünya genelinde günlük yaşamı derinden etkileyen ve başlıca solunum yolu enfeksiyonuna yol açan bu virüsün, bireylerin fiziksel sağlıklarının yanı sıra ruhsal sağlıkları üzerinde de hem akut hem de uzun vadeli etkiler bıraktığı görülmektedir (Holmes & ark., 2020). Ölümcül sonuçları bulunan bu salgının ortaya çıktığı ve vaka sayılarının arttığı dönemlerde bireylerin korku, endişe ve stres düzeylerinin oldukça arttığı gözlemlenmiştir (Rothan & Byrareddy, 2020; Rajkumar & ark., 2020).

Xiang ve arkadaşları (2020), pandemi gibi ani gelişen felaketlerin bir psikolojik kriz olarak değerlendirilebileceğini belirtmektedir. Pandemi sebebiyle ortaya çıkan belirsizlik ve korkunun da bireylerin yoğun düzeyde stres ve kaygı yaşamasına yol açtığı görülmektedir (Brooks & ark.2020; Salari & ark., 2020). Pandemi nedeniyle maruz kalınan zorlu koşullar karşısında bireyler stresle baş etmek için daha fazla sosyal desteğe ihtiyaç duymaktadırlar; ancak, izolasyon zorunluğu ve uygulanan kısıtlamalar nedeniyle sosyal destek sistemlerine erişim kısıtlanmakta ve günlük rutinler bozulmaktadır. Ayrıca, pandemiyle ilgili medyada sık sık kaygı verici gelişmelerin paylaşılmasının bireylerin anksiyete ve stres seviyelerini daha da arttırdığı dikkat çekmektedir (Ammar & ark.,2020; Zhang & ark., 2020). Kartal ve Kaykısız (2020) tarafından yürütülen çalışmada, öğrencilerin %60.3'nün Covid 19 salgınına yönelik endişe yaşadığı ve salgına

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