Research Article

Volume-7 | Issue-4| Oct-Dec-2021|

VEETHIKA-An International Interdisciplinary Research Journal

E-ISSN: **2454-342x**

Double Blind Peer Reviewed Journal

URL: https://veethika.qtanalytics.in

Covid – 19 and Its Effect on Students' Mental Health

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ABSTRACT: People all across the globe are worried about a new infectious illness caused by a severe virus known as coronavirus. Health specialists and counsellors also provide us with knowledge on all of the symptoms and how to avoid them. Because all efforts are focused on researching the epidemiology and physical impacts of the deadly virus, little attention is paid to people's mental health across the globe. Students are robbed of all the benefits and drawbacks of their academic lives as a result of this unforeseen and unknown epidemic. According to the World Health Organization, health is "a condition of full mental, social, and physical well-being." People today, however, are far more concerned about their physical well-being. Academic success and failure are inextricably linked to a student's mental health. In a study conducted by the American College Health Association, mental health issues and their relationship to academic success were discovered. Students who are separated from their educational institutions, classmates, and friends, who are forced to remain at home face lockdown, quarantine, self-isolation, social alienation, loss of freedom, boredom, and uncertainty, might experience severe emotional distress. This stressful environment might cause a student's mental health to deteriorate. As a result, the essay gives a full examination of the Covid-19's effects on students' lives and their mental dissatisfaction.

KEYWORDS: Covid-19, Lockdown, Online learning, Mental Frustration

1. INTRODUCTION

The Covid-19 is the universal spread of a new infectious and contagious disease. In simple words, when a new disease spreads across a country, continent or around the world, it can be classified as a pandemic. Covid-19 is a pandemic ailment caused by a corona virus, 'co' means for corona, 'vi' means for virus and 'D' for disease. The current discovery suggests that the virus spreads mainly between people who come in close contact with each other, typically within one metre. A person can be infected when air or liquids containing the virus are inhaled or come directly into contact with the eyes, nose or mouth (Bahl et. al., 2021). This disease was first noticed in December 2019 in Wuhan city of China. The countries are informed about taking care of the citizens worldwide. The public is advised to wash their hands regularly, wear face masks, maintain social distances, and avoid social mass gatherings.

Moreover, to avoid people's contact with each other and reduce the transmission of this disease, a complete lockdown was implemented. With the lockdown beginning, the term 'STAY AT HOME' came into force. Rigid rules and regulations have affected individuals' social and mental health in every corner of the world. There is a great impact on the education systems of every country. Present position of Covid-19 brought about almost total closures of schools, colleges, universities and other educational institutions, where the mass social meeting can happen. Learners are facing many calamities due to the shutdown of educational institutions, in one hand, they are in an irregular routine at present scenario. They have no fixed time-table for waking up, studying and for extra curriculum works, they are lacking certain lifestyle they find no way to live a normal lifestyle like before. On the other hand, instead of traditional class, they are provided online digital classes, and online exams, even rescheduling of exams several times. So, all those changes in students' lives

DOI: https://doi.org/10.48001/veethika.2021.07.04.003

have disturbed them in the true sense of the term. In this regard, many research groups of different countries intensely examine the situation and explain it in different research articles, review articles. Some of the articles have been evaluated.

As C. son, et al. (2020) explained in their research article that children facing this pandemic can experience drastic mental health issues, stigmatization, frustration, and many other emotions. In a review article, Debbarma, et al. (2021) have explained that the students of northeastern states are experiencing homelessness in this pandemic state of affairs due to a poor network system, which leads to poor communication between teachers and students, postponing exams, delayed admissions in the colleges, etc.

K. Chaturvedi et al. (2021) expressed their views that lockdown caused serious loss of mental health, resulting many psychological problems. They further said that for online teaching-learning, training must be needed for teachers.

Deemah., et al. (2020) also agreed with the fact that severe mental health burden during pandemics causes severe acute respiratory syndrome (SARS) and middle eastern respiratory syndrome (MERS). Similarly, recent studies showed a positive response to feeling panicked, depressed or emotionally disturbed during H1N1 pandemic in medical students, specially in KSA.

Wenning Fu, et al. [8]discussed in their paper that about two-fifths of Chinese college students experienced anxiety symptoms during the Covid-19 epidemic. Approximately, 41.1% of college students have anxiety symptoms in china. Long term isolation at home and using online learning are prone to a series of emotional stress responses. Researches showed in their paper that students who reported low economic status were more likely to have anxiety symptoms.

In the paper of Xiaojing Li, et al. (2021) it has been said that those with early life adversity are more exposed to epidemic-related events and more severe stress reactions during these epidemics.

S. Bourion Bedes et al. (2021) said that students are the worst sufferer of lockdown impacts of the French region, especially those students who are from the Grand Est area of France.

S. Bourion Bedes, et al. (2021) in another paper have studied that among 3764 university students, the average pss score was (19.2) and 22% experienced high perceived stress due to postponement of a final examination, reduced learning time, conflicts at home and with neighbours difficulties isolating, the noise inside or outside ones home increased alcohol and tobacco consumption.

A. K. Yadav (2021) expressed his view in his paper that online teaching is equally important in all sections of education during the period of a pandemic, but its consequences cannot be ignored students below fourteen years are not aware of the screen effect and get addicted to mobile that causes mental and eye problems.

2. OBJECTIVES

This particular article aims to improve the long-lasting influences of Covid-19 epidemic on students' psychiatric state of affairs. This paper has given special importance to the psychological ground rather than physiological results caused by the worldwide spread of coronavirus. The upcoming days in the employment sector will be too tough to cope with fewer marks and less academic success. The hard competition will be existing there in the recruitment process of several posts of many departments. Due to the huge economic loss of all countries, there will be fewer vacancies, with the maximum number of candidates, so high competition will happen. A student must have high grades and high intellectuality to get a job, whether government or private. And for that, they have to go through various competitive exams.so good mental health needs to be refined to survive and exist well in this critical time with a fit and fine physique. Nowadays, frustration, inferiority, phobias are very common complications in students' lives. So, parents and teachers, and other guardians follow some stress-relieving formulas through counselling, motivating and encouraging, giving them quality time to ask their reasons for frustration and depression. They have to support their children and students by understanding their difficulties in studying in this disorganized schedule of students' lives. Otherwise, students may get disillusioned, depressed and even get suicidal thoughts also. So, this specific factor of psychogenic stress has to be boosted up with the help of stress coping strategies.

3. DISCUSSION

The long-lasting pandemic situation and burdensome measures such as lockdown and stay-at-home orders and the education system have been immensely impacted. For which students become the main victims of this crucial period. Students of every section face many disturbances to join the online teaching learning process, and some side effects have been seen from excessive use of mobile phones and digital devices. The students from low-income families and rural background areas are disturbed in their minds now-a-days. There are ample reasons behind this frustration. First of all, if the student is from low-income family background, then that particular student forces his/her parents to give a digital gadget to conduct online learning. Teachers are sometimes bound to force students to join online classes because there is no other way to share knowledge in this pandemic situation. And those parents who earn less amount of money daily to feed themselves and their families are bound to fulfil their children's demand, and due to this pandemic cruciality, the lockdown has been implemented, and for this, poor parents are unable to go outside to earn the

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wages, and they are also becoming frustrated, and some parents are committing suicide too. And for such unwanted situations, students are getting more disturbed.

On the other hand, some students belonging from rural areas may have a gadget to join online classes but face huge network issues, due to which they cant have the knowledge shared in online classes.

As classes are now changed to online mode, it is causing many problems for some students, the monotonous routines and being homebound have led to self-regulation.

Face to face interaction between teachers and students in the learning process is a really impressive way to get knowledge and skills because it mixes different types of learning, including writing, reading, listening, poor encouragement, presentations, projects, group works, using blackboard, demonstration and practice. Especially for Math, chemistry and biology many other subjects, demonstration and practical classes are needed. But due to this situation, it became impossible. Students are less distracted in the regular mode compared to homely environments. They can concentrate better in a classroom situation. But in a home there distractions and disturbances always come at any point. In a traditional class a teacher can feel the problem and queries of students through their behaviors, body language and facial expression, but in online mode, there is a lack of that connection. In a traditional classroom, students feel more comfortable cause the surroundings are scientifically made for successful learning. Sometimes in the offline classroom, through simulation and demonstration, a tough topic is made clear by the teacher, and students can also understand stories through real-world examples. In a traditional classroom situation, you can get through problem-solving and network with other students from a wide range of backgrounds. Another mischief has been felt about the online mode of teaching-learning process through online video-conferencing application that the process is not confidential because meeting link can be shared anywhere with anyone and anybody can access it. So in this worldwide pandemic situation, students are not getting the exact feeling of a traditional classroom which became a headache for them in the true sense of the term. After the implementation of lockdown, all had to stay at home, especially because students could not go for outdoor activities, mobile phone games, and especially using social media came to their lives as a curse. As we know excessive use of mobile phones, tab or any other devices are very much harmful for eye sights and brain function also, all the day long they want to play games and use social medias and gradually they lose their memory power and concentration power of the cerebrum of their brain. On the other side, not doing any physical activity, whole day idly and using mobiles can make them idle, and it can destroy their active mind and body, and physical features, eyesight, and day by day students become detached their family lives and sociality. Being isolated, students start to feel mental disruption later on.

Another point is also coming in this connection that some school students in the name of online classes were getting mobile phones, laptops etc. from their parents and after getting internet connections, they start using social media just like Facebook, instagram, Twitter, etc. by using such drug like social media they are becoming habituated. Some of them become intoxicated by chatting with friends only without using those platforms for good purpose and by wasting the valuable time of their career. And for this, they become distracted from their goals. They start to lose their interest in the study, and finally, they become totally frustrated when they expect one thing in their lives but get something beyond their expectations.

Now-a-days there are many games and applications are available on the internet through which one can gain money, but it is a trap, and especially teenage students get into the trap maximum times. So, we can assume how mobile phones and digital life can destroy a student's life if they don't use them for study or positive purposes. We can see that once mobile phones and digital devices are not allowed in schools due to their harmful sides, this pandemic has disturbed students' lives.

4. CONCLUSION

For everyone, 2020 has been proved the most unwanted, crucial year, but teens and young adults are among those most disturbed. We observed that extended periods of isolation could retrograde mental and physical health outcomes over time, leading to depression and chronic disease. And by some means, the Covid-19 period seems like exactly the right time to teach students how to prosecute the acute sadness, isolation and anxiety they are suffering. Parents, teachers and other guardians must take the step to revitalize students' inner strength during this challenging time, whether they are learning from distance or in the classroom. During this dangerous experiment called Coronavirus, these are the right morals to teach students that "never give up'' and " failure is the pillar of success''. In this horrible time, parents, family members and teachers should play the role of counsellor to protect students' lives. Guardians should check their progress by making sure that whether they are learning from lesson plans and scoring well or not. The deteriorating condition of students careers and the fear of unemployment and scarcity may lead the students to greater hopelessness, but counsellors must rectify their problems and inspire them to be positive in their thinking. To resolve mental frustration, students must try practising exercises. Yoga is the key to psychological and emotional healing and resolving self-confidence issues. It helps to build a sense of self and manage the power of concentration. All must

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make a disciplined daily routine to improve overall health. A healthy body is defined as the overall ability of the body to function well. It includes all individuals' physical, mental, emotional, and social health. When one maintains good health, he\ she opens the key to happiness. In this field, Further studies are needed.

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