

Psychological impact of the COVID-19 epidemic on college students of Jamnagar City

Prof. Nisha Punjani

Shri G.H.Gosrani Commerce College and Shri D.D.Nagda BBA College, Jamnagar

Email id: nb_sharma@yahoo.co.in

Sharma.nisha@oshwaleducationtrust.org

Ph.: 8320363905

Abstract

Mental health of the students is very interesting topic throughout the world. The complete performance of the student depends on his mental health. There is no proven treatment to manage the Novel corona virus disease. As its spreading rate is increasing day by day, lockdown is the only option available to slowdown the rate of spreading the infection. The examinations were postponed due to the lockdown effect and in this situation many students were experiencing mental stress and there is a strong need to study their mental health status. There is need of psychiatrist, in this context to keep the mental balance of the students. The findings of the research also reveals that students preferred offline mode of teaching as compared to the online form, inspite of the fact that they enjoyed comfortable sessions from there comfort zone.

Keywords: Covid -19; Preventive actions, College students; Psychological, stress, anxiety

Introduction

The COVID-19 pandemic, also recognized as the coronavirus pandemic, is an ongoing pandemic of coronavirus disease 2019 (COVID-19) caused by the transmission of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which was first identified in December 2019 in Wuhan, China. The epidemic was declared a Public Health Emergency of International Concern in January 2020, and a pandemic in March 2020. Bereavement, isolation, loss of income and fear are affecting mental health conditions. Due to this pandemic it was observed that people were getting addicted to increased levels of alcohol and drug use, insomnia, and anxiety.

Mental health of the students is an interesting topic for doing the research in this period. The complete performance of the student depends on his mental health. Mental health turbulences disturbs not only the student but also have serious negative impacts on the community, as today's student is the future of the country contributing to its development by performing various roles like teacher, engineers, doctors, nurses etc. Hence, the mental health of the students cannot be neglected and has to be considered on a serious note.

In the meantime, due to Covid -19 neural and psychological problems, like anxiety, depression etc. have increased. Individuals suffering mental, neurological or other disorders are at a higher chance to infection and stand a higher risk of severe outcomes and even death. The Covid-19 pandemic has emphasized on the mental health of people. It is known that the prevalence of epidemics brings stress on mind and created fear and tension of losing the family members and the loved ones, Lack of social activities due to quarantine, and lockdown the lifestyle of people has changed drastically. People are pressurized to stay at home in self-separation to stop the contagious flow of the virus amongst everyone in the society. Government has taken the essential actions to provide mental health support to the people. Isolation can have a detrimental influence on one's mental health. The special effects of this pandemic on one's mental health have not been studied and are not known. Looking at the seriousness there is a great concern to study the effects and its post effects on one's mental health and on strategies to prevent stigmatization.

Covid -19 pandemic disrupted the student's educational process. Student's faculties and educators are adversely affected due to covid and has affected their mental health adversely. Isolation and social distancing have caused negative psychological conditions such as depression, nervousness and fear amongst parents and students at large. Furthermost governments across the world have temporarily closed educational institutions to control the spread of the Covid-19 pandemic. These nationwide closures are impacting over 60% of the world's student population. Numerous countries have applied restricted closures impacting millions of learners and normal people .Millions of students have not been able to

carry on education in schools, universities, professional training institutions and other learning programs. Many governments responded to the strong need to provide school children with learning possibilities via online and distance learning. Although precautions were taken, the students learning process was negatively affected. Students who have been deprived of their freedom due to Covid-19 are deeply concerned about when face to face education will happen. Education has been hit particularly hard by the Covid-19 pandemic with 1.53 billion learners out of school and 184 country-wide school closures, impacting 87.6% of the world's total enrolled learners.

Researchers observed a notable increase in self-reported symptoms of anxiety and depression during the onset of Covid-19. During this time frame, major policy changes, such as the switch to remote learning, took place. Research has highlighted the impact on psychological well-being of the most exposed groups, including children, college students, and health workers, who are more likely to develop post-traumatic stress disorder, anxiety, depression, and other symptoms of distress. Moreover Covid-19 has negative mental and social consequences, for example, a broad body of research links social isolation and loneliness to poor mental health; and recent data shows that significantly higher share of people who were sheltering in place (47%) reported negative mental health effects resulting from worry or stress related to coronavirus than among those not sheltering in place (37%). Negative mental health effects due to social isolation may be particularly pronounced among older adults, students' and households, as these groups are already at risk for depression or suicidal ideation. The widespread outbreaks of infectious diseases, such as Covid-19 are associated with psychological distress and symptoms of mental illness.

These changes also took place during the end of classes and final exams, which is one of the most stressful times for students during any academic term. According to the study, anxiety and depression decreased slightly after final exams as students settled into shelter-in-place locations. The college students also missed out on their college fun life and other adventurous activities. It was also observed that they did miss their campus and canteen life.

Review of Literature:

- Al-Rabiaah. A., Temsah. M. H., Al-Eyadhy. A. A., Hasan. G. M., Al-Zamil. F., Al-Subaie. S., Alsohime. F., Jamal. A., Alhaboob. A., Al-Saadi. B., Somily. A. M. (2020). Middle East Respiratory Syndrome-Corona Virus (MERS-CoV) associated stress among medical students at a university teaching hospital in Saudi Arabia. *Journal of Infection and Public Health*, <http://dx.doi.org/10.1016/j.jiph.2020.01.005>
- Acharya L, Jin L, Collins W. College life is stressful today - emerging stressors and depressive symptoms in college students. *J Am Coll Health* 2018 Oct;66(7):655-664. [CrossRef] [Medline]

- Martin JM. Stigma and student mental health in higher education. Higher Education Res Dev 2010 Jun;29(3):259-274.
- Burgess, S., & Sievertsen, H. H. (2020). Schools, skills, and learning: The impact of COVID-19 on education. CEPR Policy Portal. <https://voxeu.org/article/impact-covid-19-education>
- Nigam. C., & Kumar, A. (2020). COVID-19 pandemic: Depression, anxiety go viral as nation observes lockdown. <https://www.indiatoday.in/mail-today/story/covid-19-pandemicdepression-anxiety-viral-nations-observes-lockdown-1659774-2020-03-26>
- World Health Organization. (2020). Mental health and psychosocial considerations during the COVID-19 outbreak. <https://www.who.int/docs/default-source/coronaviruse/mental-healthconsiderations.pdf>.
- https://www.jmir.org/2020/9/e22817/?utm_source=TrendMD&utm_medium=cpc&utm_campaign=JMIR_TrendMD_0

Objective: The objective of the study is to conduct research and find out the Psychological effects of the COVID-19 pandemic on the mental health of college students of Jamnagar city.

Hypothesis:

H0: There is no impact of the COVID-19 epidemic on college students

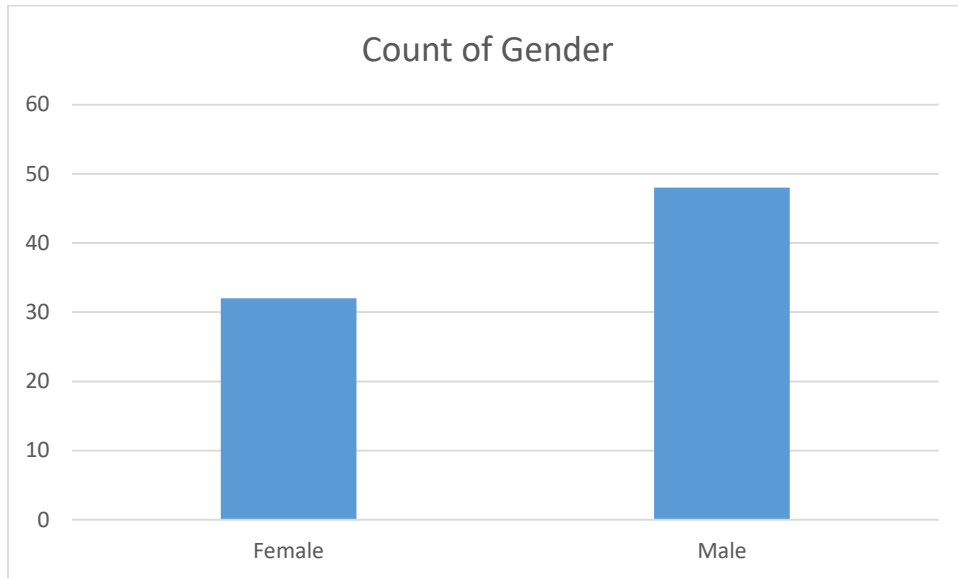
H1: There is an impact of the COVID-19 epidemic on college students

H2 : The impact of the COVID is differing as per the stress levels of the students.

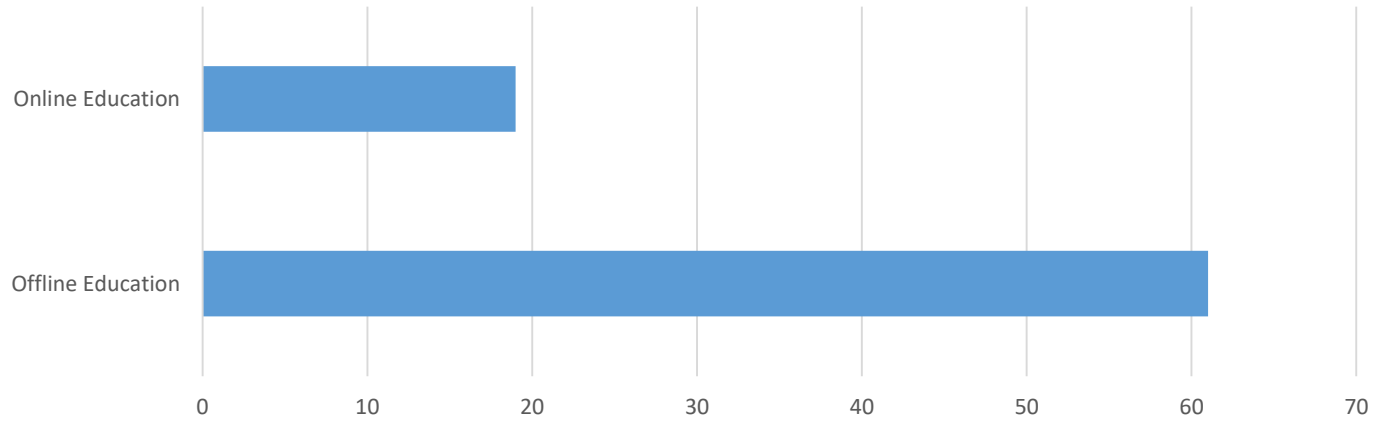
Research Methodology:

The aim of this study is to identify major stressors associated with the Covid-19 pandemic and to understand their effects on mental health on college students. Actual and factual data was collected and documented with the help of a detailed Questionnaire and the findings were based on the responses given by respondents from the college students of Jamnagar city. The sample size collected was 80 respondents.

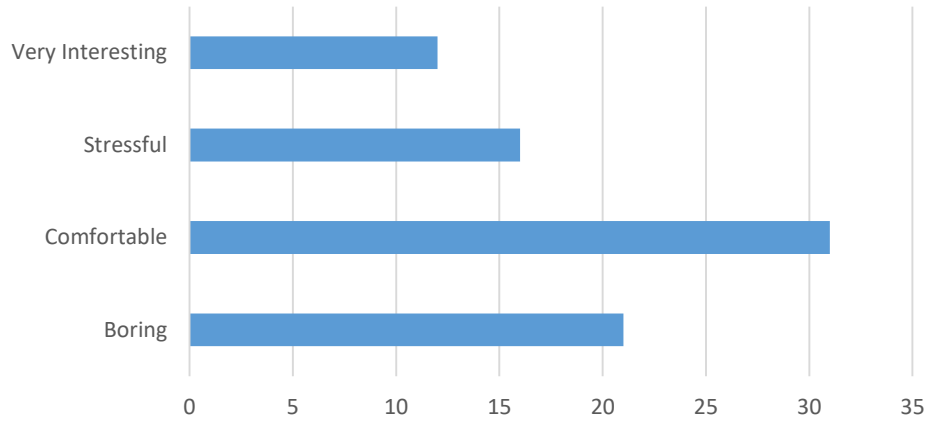
Data Analysis:



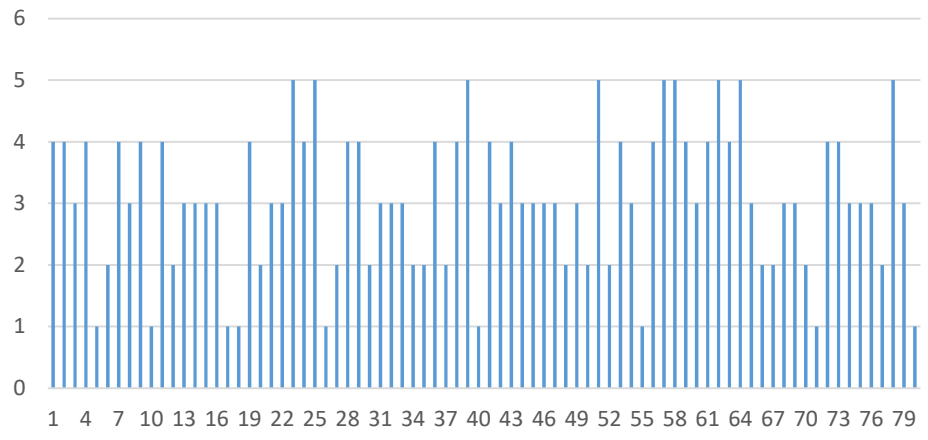
Count of What is your preference as far as education and learning is concerned ?



Count of What is the impact of online teaching on your mindset and mental health ?



Rate your experience with online teaching and its effectiveness on your academics.



Data Interpretation:

- Male students were more interested in research and gave successful response.

Male: 49

Female: 31

- Maximum students preferred offline mode of teaching.

Online: 19

Offline: 61

Maximum students found that online teaching was more comfortable and the impact of online teaching on mental health of students is as under

Very Interesting: 12

Stressful: 16

Boring: 21

Comfortable: 31

- The average rating of online teaching experience amongst student is 3.09 out of 5.
- To cope up with mental health most of the respondents said that they listened to music and followed healthy practices like yoga, and other physical Exercises.

LIMITATION:

- Sample size was relatively small.
- A significant degree of heterogeneity was observed across studies.
- Time Constraint was a limitation of the study.
- Loss of anxiety and depression levels of participants before pandemic outbreak can be accepted as a limitation of the present study.
- Further study is required to study the effect of pandemic on mental health of students.

FINDINGS:

- Comparing the gender male respondents took the research more seriously and gave immediate response.
- Majority of the students were showing more interest in offline mode of teaching than online mode.
- Students found that online teaching was more comfortable as they enjoyed it from their comfort zone.
- Various activities like yoga, dance, reading books, doing exercise etc. were conducted by students to cope up with mental stress.

CONCLUSION:

The results of the present research study and previous studies about Covid-19 shows that there is great impact of covid on the psychological and mental health of students and efforts should be made to increase their knowledge levels that results in decrease in the anxiety levels and efforts should be made to overcome other disease also. The mental health of students should be monitored. Due to the ongoing pandemic condition and strict measures such as lockdown and self-isolation, the Covid-19 pandemic brings negative impacts on education. Counseling services were also started at many places to help the students to overcome their stress levels and to be mentally stable and fit. The findings of our study highlight the urgent need to develop interventions and preventive strategies to address the mental health of college students. The Covid-19 pandemic has alarming implications for individual and collective health. This has resulted negatively over mental and social health of students.

REFERENCES:

1. WHO. Coronavirus [Internet]. 2020. Available from: https://www.who.int/images/default-source/health-topics/coronavirus/gettyimages-1203376093.tmb-1920v.png?Culture=en&sfvrsn=6e0c1bc7_61920w. Accessed September 8, 2020.
2. Director-general WHO. WHO director-general's opening remarks at the Mission briefing on COVID-19 - [Internet]; 2020. Available from: <https://www.who.int/dg/speeches/detail/who-director-general-s-opening-remarks-at-the-mission-briefing-on-covid-19---16-april-2020>.

3. Raj Kumar RP. COVID-19 and mental health: A review of the existing literature. *Asian J Psychiatr.* 2020;52:102066.
doi:10.1016/j.ajp.2020.102066