EFFECT OF LOCKDOWN ON STUDENTS' MENTAL HEALTH DURING PANDEMIC

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Abstract : The Corona virus Disease 2019 (COVID-19) pandemic has imperiled worldwide mental health, both incidentally via disorderly convivial changes and directly via neuropsychiatric effects after SARS-CoV-2 infection. Despite a small increase in self-reported mental health problems, this has (so far) not translated into objectively measurable increased rates of mental disorders, self-harm, or suicide rates at the population level. This could suggest effective resilience and adaptation, but there is substantial heterogeneity among subgroups, and time-lag effects may also exist. Concerning COVID-19 itself, both acute and post-acute neuropsychiatric effects have become evident with high frequencies of fatigue, analytical impairments anxiety, and morbid symptoms, even months after infection. Students' well-being has become connected with many schools & colleges globally as they acknowledge the significance of a balance between emotional, psychological, physical, and social aspects of students' lives(e.g., Flinchbaugh et al., 2012; Mahatmya et al., 2018). Student well-being could be understood just as " scaling down in stress, amplifying experienced meaning and engagement in the classroom and ultimately, heightened satisfaction with life" (Flinchbaugh et al., 2012, p.191). Student well-being includes concepts of motivation, identity, self-esteem, self-efficacy, and self-regulation in the context of learning and matriculating through the program to get a degree (Williz et al., 2019)

IndexTerms - COVID-19, pandemic, college student, mental health, stress, Online Education, anxiety, Future Uncertainty, self-management.

I.INTRODUCTION

Mental health engirds students' social, psychological and emotional wellness of not only school but college students as well. Mental health influences how we make decisions, relate to other people, and manage pressure and anxiety. It also affects how you perceive, ponder, and conduct yourself well.

1.1 SIGNS POINTING TO STUDENTS' MENTAL HEALTH DECLINE

1. Behavior changes
2. Decline in Academic performance
3. Withdrawal
4. Significant change in appearance
5. More quieter than usual.

1.2 CHALLENGES OF STUDENTS DURING THE PANDEMIC

1) Financial difficulty
59% had concerns about Covid-19 impacting their financial situation
38% said COVID-19 has impacted current and future employment opportunities
18% revealed there is an increase in financial difficulties for their family members

1.3 SOCIAL ISOLATION

86% said that the pandemic increased the level of social isolation.
54% said that interaction with friends decreased 31% worried about the lack of in-person interactions.
5% stated that disruptions to outdoor activities have affected their mental health.

1.4 DISRUPTION OF SLEEP

86% reported disruptions to sleep patterns caused by the pandemic.
50% stated they stayed up/ woke up later than before COVID-19.
17% developed an irregular sleep pattern.

1.5 CONCENTRATION

89% had difficulty concentrating on academic work.
46% said their home is a distractive environment .
10% agreed that online classes were subject to distractions.

1.6 CLASS WORKLOAD

54% said workload has increased.
48% struggled due to interpersonal support.
31% perceived that work had become harder to do.
36% said that the workload remained the same.
10% said workload has decreased.

Reference
https//www.ncbl.nlm.nih.gov/pmc/ articles/PMC7473764/

1.7 EFFECTS OF THE PANDEMIC ON TEEN GIRLS AND BOYS' MENTAL HEALTH

Teen girls

Anxiety Level 36%
Depression 31%
Sleep issues 24%
Withdrawing from family 14%
Aggressive behavior 9%

Teen Boys
Anxiety level 19%
Depression 17%
Sleep issues 21%
Withdrawal from family 13%
Aggressive Behavior 8%

Sources: C.S. Mott Children's Hospital National Poll on Children's Health, 2021 Importance of Mental Health Awareness in Schools
1. Promote awareness of the availability of existing mental health services

2. Provide access to universal mental health screening

Increase efforts to recruit and provide ongoing professional development for school counselors Increase state and federal funding for school-based mental health support. Provide mental health services to community partnerships.

1.8 THINGS TO ENHANCE THE MENTAL HEALTH OF SCHOOL STUDENTS

Education
Educate students about the signs and symptoms of mental health problems.

Referrals: Make sure you have a good referral system in place to help students who are struggling.

Talk

Encourage students to talk about students how they are feeling.

Physical

Promote Physical well-being. Make sure students are eating healthy, exercising, and eating a well-balanced diet.

Coping

Teach coping skills to students such as problem solving

Self-care

Practice self-care with students why not try some deep breathing before the day starts

Peers

Make sure older students are supporting younger students

Resilience

Encourage autonomy and independence. Build confidence and self-esteem.

Environment

Create a mental health-friendly school environment

Teachers

Provide teachers with Education on how to support students struggling with mental health problems.

Families

Involve the family. Make sure the father and mother are supported and know how to best support their child.

The corona virus pandemic has been associated with worsening mental health among students and around the world. The COVID-19 outbreak in early 2020 caused widespread lockdowns and disruptions in daily life while triggering a short but severe economic recession that resulted in widespread unemployment. Three years later, students have largely returned to normal activities, but challenges with mental health remain. According to Pew Research Centre surveys conducted between March 2020 and September 2022.

Out of the total population of students enrolled in education globally, UNESCO reported as of 31 March 2020 that over 89% were out of school because of COVID-19 closures. This represented 1.54 billion children, and youth enrolled in school or university, including nearly 743 million girls.

Experiences of high psychological distress are especially widespread among young adults. A 58% majority of those ages 18 to 29 have experienced high levels of psychological distress at least once across four Center surveys conducted between March 2020 and September 2022.

(source survey of U.S adults conducted March 19-24 2020, April 20-26, 2020, Feb 16-21, and Sep 13-18 2022)

II. CONCLUSION

Our study provides uncommon observation into the melancholy mental health issues of students, which have been seldom handled previously. The results show that employment anxiety in students in the final year, economic worries, and lack of knowledge of COVID-19 lead to depression, which has a negative spiral effect on students' mental health. By and by the research findings reveal the importance of implementing different coping strategies that will take care of students' mental health and keep them positive throughout the crisis. Eventually, the pandemic will go, but may leave behind a large number of people in jeopardy of a more severe threat of being infected. Therefore, feasible steps are required to allow people to accept and adapt to the 'new normal' way of life with content.

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