

A Study on The Psychological Impact of The Covid-19 On Student's Health

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Abstract

The Covid-19 outbreak and shutdown have had an impact on children throughout the world, isolating them from their friends, reducing physical exercise, and causing them to lose out on important aspects of their development. This is how the shutdown affected children's mental health. The importance of devoting focus to the students' mental health cannot be overstated. Over 53 percent of Indian Children suffer from moderate to severe depression, as per a study released in the Asian Journal of Psychiatry. According to our research, 74 percent of Indian Children suffer moderately severe anxiety. Our students have suffered greatly as a result of the Covid-19 epidemic and shutdown. They were among the hardest hit emotional level: 58 percent of Indian college students reported a considerable rise in stress and a serious worsening in hostility, worry, isolation, pessimism, and joy. This study data was gathered from parents about the behavior of their children during the COVID pandemic situation. Lack of attention, emotional neediness, diversion, and anxiety of posing questions about just the pandemic was one of the most prevalent behavioral and mental health disorders among children and teens during the epidemic, according to the study result. Those who have a history of mental illness are at a significantly higher risk.

Keywords: Psychological factors, Impact of COVID Pandemic, Children's Behavior, Anxiety and Students Mental Health

Introduction:

There are many more than 2.2 billion adolescents in the globe, accounting for roughly 28% of the global population. 16 percent of the worldwide people are between the ages of 10 and 19. (UNICEF, 2019). COVID-19 has had a major impact on the lives of individuals all over the globe, particularly children and adolescents. Isolation and social distancing measures have been used over the world to protect against the possibility of COVID-19 transmission (Shen et al., 2020). For these reasons, different governments have been adopting state and international confinement restrictions or shutdowns beginning Jan 2020. In this context,

the closing of classrooms, educational institutes, and recreation activities was one of the most important actions done during the shutdown. These inescapable situations, which are now out of the ordinary, cause stress, worry, and a sense of powerlessness in everyone.

It's been suggested that, in comparison to humans, this outbreak may have longer-term negative implications for children and teens (Shen et al., 2020). Numerous security vulnerabilities variables, such as developmental phase, modern education prestige, that had special needs, which was before mental health issue, being financially challenged, and kid being quarantined due to virus or afraid of infection,

affect the nature and magnitude of the impact on this age category. The parts that follow describe the findings of the studies on the psychological component of children who are affected either by the COVID-19 outbreak, as well as shutdowns that have been enforced at the state or national levels to avoid further illness spread.

Review of literature:

Viner, R.M et al. 2020, comprehensive review examined 16 studies on school closures in China and their effect on COVID-19 transmission. Closing schools alone leads to a 2-4 percent added protection of mortality due to COVID-19, according to studies utilizing the modelling approach, which is far less than other components of social distance.

Lee, J. 2020, study result revealed that routines at school are great for children people with mental health problems because they enable them to cope and regulate their behavior. Kids with unique educational needs are particularly vulnerable. Although there has been an upsurge in child abuse since the virus and lockdown have brought financial pain.

Liu et al, 2020 found from the study Pediatric health care providers must concentrate on kids' rising mental health difficulties. Initial diagnosis of mental illnesses, as well as proper referrals and treatment, must be recommended.

David. C et al 2020 the study's findings offer tips for dealing with stress including offering assistance to children and teens with eating disorders who are currently experiencing a crisis.

The mental health charity Young Minds, 2020, the study maintaining social touch with friends and family through teleservices or social media outlets was suggested as a way to reduce stress. Excessive usage of social media, on the other hand, should be avoided.

Shen K,2020 Prescribed steps to prevent illness and improve mental health include promoting a pretty balanced diet, preserving oral hygiene, physical activity, sufficient rest, avoiding weariness, and strengthening resistance.

Henderson et al. 2020 performed a survey of 2155 American parents from the nationwide survey. They were questioned about the educational experiences of their 3762 children, who ranged in age from kindergarten to grade twelve. While the majority of parents are satisfied with the teaching and involvement of their children, 60% of parents claim that their children are not learning as much as they'd have been learning before the lockdown. "Students who attend school in person had the highest levels of satisfaction and the fewest claims of learning loss. "Henderson et al. (2020, p. 1) claim that the hybrid model "appears to give no advantage over fully remote instruction."

Statement of the problem:

Parents, Students, and educators have faced numerous obstacles as a result of the COVID-19 pandemic. Children who are already suffering from mental health problems have been particularly sensitive to the changes, and we're still hearing about the wide-ranging effects on kids as a consequence of school closures, physical distancing rules and isolation, and other unanticipated life changes. This study looks at the mentioned issues.

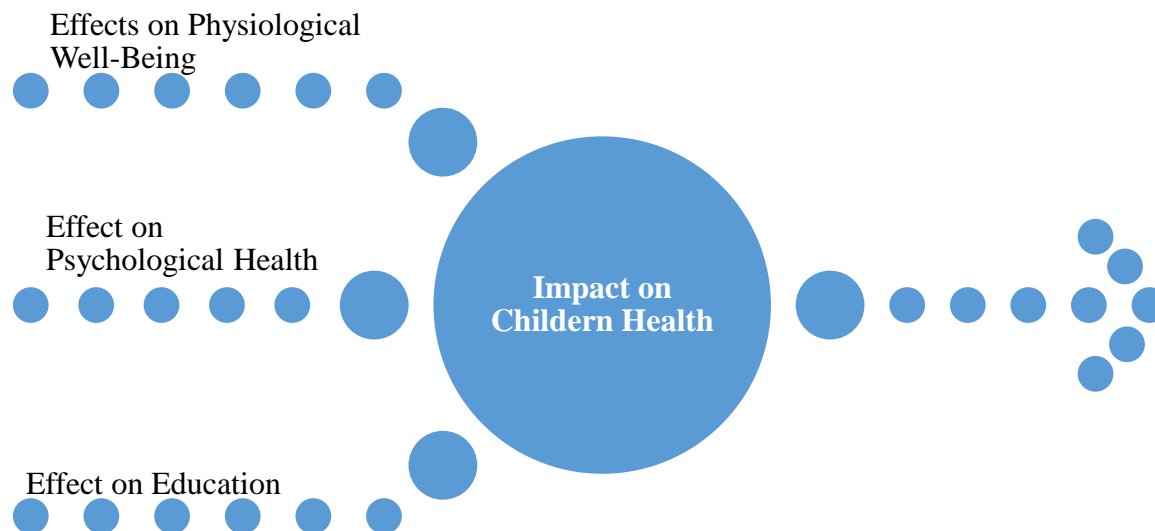
Objectives of the study:

- To understand the psychological impact of the COVID Pandemic on student's mental health
- To analysis the various impact of COVID-19 on the children's health.

Methodology:

A total of 150 respondents were selected based on non-purposive sampling techniques and were surveyed using a well-structured interview schedule from the parents and data were analyzed using regression. SEM is used for developing the model. In order to understand the topic more detailed manner, secondary data was collected from the relevant articles in journals, e-resources. The work is descriptive in nature. The collected data were analyzed using SPSS software.

Model: Impact of COVID-19 Lockdown on Children's Health



Effects on Physiological Well-Being

Make a schedule for yourself. Maintain regular routines to the extent possible, or create new ones. Every day, get up and go to bed at the same hour, maintain good personal hygiene, eat nutritious meals on a regular basis, exercise on a regular basis, set aside time to work and time to relax, make time for activities that you enjoy.

The coefficient of the model is estimated by using OLS Method. The Model Summary, overall fitness of the model through Anova and out of regression Coefficient, is presented in the below table:

Table 1: Model Summary of Effects on Physiological Well-Being

Model Summary	R Square (0.03)	Adj. R Square (0.020)
ANOVA	F (3.145)	Sig. (0.079)
Regression Coefficient	T (3.086)	Sig. 0.003

Effect on Psychological Health

20% of the students say their mental health has significantly worsened under COVID-19. Students are interacting with parents more during

the COVID pandemic. Parents started to support their students by spending their quality time.

Table 2: Model Summary of Effect on Psychological Health

Model Summary	R Square (0.409)	Adj. R Square (0.404)
ANOVA	F (71.416)	Sig. (0.000)
Regression Coefficient	T (2.732)	Sig. 0.007

Effect on Education

Going to school is the best public policy instrument available for improving abilities. School is a place where kids can have fun while also improving their social awareness and skills. The primary goal of attending to school or staying in school is to improve a child's abilities. Schooling for a relatively short amount of time improves skills and abilities. On the other hand, missing school or failing to attend school will have a detrimental impact on skill development.

The structure of education and schooling has been changed by the closing of schools. To begin with, it had an impact on teaching and assessment methods. Only a few educational institutions use online teaching methods, and they are very few taking online programmes. Low-income public schools and private, on the other hand, have been closed down and do not have access to an e-learning solution. It is interfering with kids' ability to learn. The change in teaching approach has caused a slew of problems for parents.

Table 2: Model Summary of Effect on Education

Model Summary

Model Summary	R Square (0.583)	Adj. R Square (0.468)
ANOVA	F (144.416)	Sig. (0.000)
Regression Coefficient	T (2.435)	Sig. 0.017

As presented in Tables 1, 2, and 3, it can be concluded that the impact of COVID-19 lockdown on children's health is positive and statistically significant. Thus, the Effects on Physiological Well-Being, Psychological Health, and Effect on Education leads the children to health issues

Conclusion:

As governments all over the world attempted to stop the deadly COVID-19 pandemic from spreading, they implemented lockdowns that forced the closure of several industries and educational institutions, including schools. It was recommended that people remain at home and keep physical and social distance. The pandemic's devastating socioeconomic status effects have been felt all over the world. Several research looked at the effects of the shutdown on the general public's well-being during these trying times. However, few studies have looked into the adverse effects of COVID isolation on children, and even fewer have discussed the lives and experiences of this vulnerable group. The study examines the impact of the lockdown on children's lives in light of the Rights of the Child. The findings show that many children's rights are

being violated as a result of the mitigation measures put in place to restrict the spread of COVID-19. The lockdowns and classroom closures have had a disproportionately negative impact on children's well-being, highlighting significant gaps between the privileged and the impoverished. There's any need to investigate how continuous restrictions are affecting children and to protect all children's rights. The findings of the study should be taken into account when developing policies for children who are unable to have their views heard by people making decisions that affect their well-being.

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