

Mental Health Of Students In Covid-19 Era

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ABSTRACT

The present study examined the mental health of students in covid-19 Era. As per the nature of study, descriptive survey method was applied. The data was mainly collected from 100 college students with the objective to find out the difference in the level of mental health in students during covid-19 and also to find out the difference in the mental health of male and female students. Data was collected by using a standardized mental health questionnaire. The results of the study indicated that there is no significant differences between Male and female college students with regard to their mental health Study also highlighted that out of total sample only 25% of students possessed sound mental health during COVID-19 19 which shows that students mental health is very effected especially in COVID-19 era.

Keywords- Mental Health, COVID-19

1. INTRODUCTION

Mental health is just not related to the absence the mental disorder. Mental health is linked with the balanced growth of the person's personality and emotional behavior which assist him to live happily with his family and friends. Additionally, mental health includes our psychological, emotional and social welfare. It affects how people opine, feel, behave as well as it assist to know how people deal with anxiety that one encounters at different stages of life. Mental health is known as a state of welfare in which every person realizes his or her own capabilities by which s/he can deal with natural stresses of life. Mental health is related to everyone's daily life. There are many situations in people's life when they feel stressed, pressurized or frightened. Everyone is distinct if one person can find it is easy to deal with stress other may be find it difficult. Mental health doesn't remain stable, it can vary as situations differ. Mental health is a crucial part of overall health and wellbeing. There are many reasons behind the occurrence mental health problems such as stress, loneliness, anxiety, depression, grief, addiction, various mood disorders, suicidal thoughts etc.

Karl Menninger (1947) defines mental health as , “an adjustment of human beings to the world and to each other with optimum effectiveness and happiness.”

The American Psychiatric association (APA1980) defines mental health as , “Simultaneous success at working, loving and creating with the capacity of mature and flexible resolution of conflicts between instincts, conscience, important other people and reality.”

As per World Health Organization (WHO) mental health includes “subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential among others.”

Factor affecting Mental health

Most people at some point feel worried, stressed or even down about the things that are going on in their life. There are a certain number of factors in life that exert an influence on a mental health. Some of the factors that affect the mental health of adolescents are as follows:

- **Loneliness:** Loneliness is feeling sad about being by yourself particularly over a long period of times. Loneliness can sometimes have a negative impact on our mental health. Reasons

may include poor family connections, difficulties in socializing and feeling like one does not belong to anyone or I nutshell feelings of loss or grief etc.

- **Domestic violence:** Domestic violence or family violence is caused when one feel unsafe, powerless or afraid due to the action of someone very close to them. According to lifeline, “domestic violence behaviour can include physical abuse, sexual abuse, emotional abuse etc.” Non physical forms of assault can be just as damaging as physical assault and disturbs mental health of an individual.
- **Bullying:** Bullying is when someone is repeatedly and intentionally adopting verbal, physical or social behaviour that causes physical and psychological harm. Bullying can happen to anyone, anywhere, it can happen schools, colleges, universities, at work in online social spaces by text message or by email. No matter what form bullying takes, everyone’s experiences different and it can affect every part of their life, including mental health and wealthy.
- **Unemployment:** Unemployment, loss of business, large investment losses or other financial laws can have a negative impact on mental health. In this circumstance one experiences large range of emotions and problems including difficulty getting to sleep, anger, irritability, frustration, shock, sadness, feeling of embarrassment or guilt, distancing oneself for others and not socializing as much as usual which all effects mental health of individual.
- **Alcohol and other Drug Usage:** Many people during difficult time in life turn up to alcohol or other drugs. There is strong link between alcohol and mental health issues. People may use alcohol and other drugs as a coping mechanism for their mental health issues but in return alcohol and other drugs can also cause anxiety, depression, psychosis.
- **Negative Family Environment:** Parental Divorce, death of a parent or separation for any reason is very traumatic and has a devastating effect on the mental health of children and adults.
- **Physical Illness:** Some kind of disease, impairment, injury, disability and other physical problems contribute to negative mental health. Most physical illness affects people's self esteem which leads to depression and has a negative effect on mental health.

Characteristics of Mentally Healthy Person:

Mentally healthy peoples can take care life’s disappointments.

They have positive attitude towards themselves.

They stay happy in every situation by accepting their weaknesses.

They can relish every moment of life with their near and dear ones.

COVID-19 Era

COVID Era refers to period of outbreak and spread of Coronavirus disease 2019 (COVID-19) which is caused by a novel coronavirus which is severe acute respiratory syndrome coronavirus 2 . It was first identified in Wuhan City, China.¹On January 30, 2020, the WHO declared the COVID-19 outbreak a global health emergency. On March 11, 2020, the WHO declared COVID-19 a global pandemic. The symptoms of these pandemic are fever, cold, bone pain, cough and difficulty in breathing. Remedy is not available due to its the first viral disease to affect mankind for the first time. Realising the seriousness of the issue, states and localities are taking remarkable steps to deal with general public fitness hazard posed through the coronavirus.

It has impacted every sector including education sector resultantly many faculties were closed and classes shifted to online mode. The first faculty closures started in mid-march 2020 and a consequently other states also closed faculties for the relaxation of the instructional year. Student community are tormented by those closures a lot. Educational institution closures have disrupted the lives of students and has also affected their physical as well as mental fitness. Social distancing and loneliness resulted from lockdown in COVID-Era are escalating the mental health problems among adolescents to large extent. Most of the schools were closed for the purpose of reducing the spread of the virus. With the intent of reducing the spread of the coronavirus, most schools are closed. Classes

are continued via home based or online teaching following social distancing guidelines. The sudden isolation has severely disrupted the day to day operations of the global community for children. Coronavirus has affected the education and training of students worldwide. The lives of learners and their families are changed due to the shift away from physical classes. This change has adversely affected the children's mental health. Sudden modification in the learning environment and limited social interaction and activities make an inadequate situation for the development of children's brain. Health organizations and scientific communities must analyse the psychological effects of coronavirus on children and youth.

Negative Effects of COVID-19 on Students Mental Health

Corona virus, a deadly and contagious disease, has a devastating effect on mental health of people.

- Social isolation has a devastating effect on mental health, as the person remain confined to one place.
- Students' learning has been badly affected. Online studies are causing a lot of health-related problems.
- Deaths from corona virus have a profound effect on students, leading to depression.
- Decreased social interaction makes a person feel lonely which often leads to increased mental stress.
- Students are experiencing stress due to non-availability of complete resources related to online study.
- Lack of access to complete online study material can also be a source of stress.
- Increased stress levels of families members further escalates sleep disturbance and stress among students.
- Most of the teachers are just conducting lectures on video platforms such as meet and zoom which may not be real online learning.
- Many students do not have resources like internet connection, smart phones to attend online classes which further impacts their mental health.

Reviews

Bettge,S et.al (2008) conducted a study on exploring the risk and aggressive factors for children's and adolescents mental health. The major objective of the study was to explore and analyze effects of risk and aggressive factors on children and adolescent's mental health by taking sample from 2,863 families with children and adolescents aged 7-17. Results revealed that the family's environment of students exerts negative impact on adolescent's mental health.

Sankara,R.,Waning,M.A.(2017) investigated the study of mental health among adolescents. In this study total sample of 40 subjects divided in two groups each group comprising 20 subjects was collected with the administration of mental health scale, development and standardized by Dr. Jagadish. The major objective in this study was to investigate the level of mental health among adolescents and revealed that significant differences exists between the mental health scores of boys and girls.

Carrion, R.C., Carballid, B.V. et.al. (2019) conducted study to examine the children and adolescents mental health. The objective of the study was to spread awareness regarding the mental health issues all around the world. The results indicated positive effect of awareness and intervention strategies on the mental health of children and adolescents.

Li.S. Beams, J.Newby, J. et.al (2020) investigated the impact of covid 19 on the lives and mental health of Australia adolescents. The major objective of the study was to assess the impact of the pandemic on mental health and lifestyle of Australian adolescents.in this study total sample of 760 Australian adolescents aged 12-18 years old was taken Results indicated the negative impact of coronavirus on education, family relationship as well as mental health of Australian adolescents.

Joseph, S. (2020) examined the psychological impact of coronavirus, corresponding lockdown on isolation and metal health among children and adolescents. The objective of the study was to assess the current mental health challenges especially among children ,adolescents and their families and the required support mechanism for better metal health during COVID-10 pandemic .Results revealed that emergence of psychological issues due to COVID-19 is natural The study also suggested to have

proper support mechanism on the part of govt to address the psychological issues arising from COVID-19

Dhun, L., Gang. (2020) conducted the study on mental health status of children and adolescents in china during the outbreak of coronavirus. In this study using convenience sampling scale, questionnaire and child depression inventory scale data was collected from 359 children and 1254 adolescents. Finding of the study showed that coronavirus had a significant psychosocial impact on child and adolescent's mental health.

Liang, L., Hui, R., Cao, R. et.al (2020) has conducted a cross sectional study the effect of coronavirus youth' mental health after two weeks of spread of COVID-19. In this study a general health questionnaire (GHQ12) scale was applied on 584 youths. The study also indicated that low education level, PTSD symptoms, and negative coping style are influential factors for youth's mental health. Study recommended that govt should take appropriate intervention to tackle with the problem.

Ferget, J.M., Vitiello, B., et.al (2020) conducted the study on challenges and burden of covid-19 disease on children and adolescent's mental health. According to the result of the study children and adolescents are facing many challenges like stress, anxiety, depression, and economic pressures during COVID-19. Results indicated that the covid-19 had adverse impact on mental health of children and adolescents correspondingly psychiatric help is required to deal with this.

Serafini, G., Parmigiano, B., et.al (2020) examined the psychological impact of coronavirus on the mental health among general residents. In this study it was found that the peoples are facing many psychological challenges like anxiety, frustration, fear etc. correspondingly the same needs to be recognized and considering it as public health priority for both authorities and policy makers, they should adopt appropriate behavioral strategies to reduce the negative mental health consequences of this outbreak.

Operational Definitions of the Terms Used:

COVID-19: coronavirus is a larger family of viruses which may cause illness in animals or humans' mainly known to cause respiratory infections. COVID-19 mainly began in December 2019 in china and spread all around the world.

Mental Health: Mental health encompasses emotional, psychological, and social well-being of an individual. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Delimitations

- 1 The study was delimited to 100 college students only.
- 2 Data was collected from Jalandhar city only.

Significance of the Study

The world today is facing the biggest public health risk which is leading to one of the largest and the quickest reorganization of the world order. There are a number of areas of potential risks for the global education. COVID-19 has affected the working of schools, colleges and universities by which the studies of students has been affected and which has created mental stress among adolescents. COVID-19 has influenced every aspect of human life. This disease has totally shifted the educational system. All schools, colleges and universities have been impacted very closely due to this pandemic. Due to these lockdowns related challenges' student community had to tackle with many challenges which seems to impact their mental health as well. Many parents have avoided sending students abroad for higher education due to high risk from the pandemic. Although many researches have explored the mental health of students earlier as well but the exploration of mental health of students in COVID era is something which calls for research endeavors. Considering the same, the researcher took decision to undertake the present study. In addition to it the present study is helpful not only for students but for teachers, policy makers and society at large to take significant decisions regarding maintaining sound mental health of students. The study extremely useful for future social scientists to investigate the impact of COVID-19 on mental health of adolescents. Research is likewise is exceptionally supportive to think about challenges pertaining students to comprehend and analyze that

what procedure can be used to enhance mental stability and train the mental health control in the adolescents in the COVID-19 era.

Objective

To study the mental health among college students in COVID-19 era.

To find out the difference in the level of mental health of students in COVID-19 era.

To find out the difference in the mental health of male and female students in COVID-19 era.

Hypothesis

There exists no significant difference in the level of mental health of students in COVID-19 era.

There exists no significant difference in the mental health of male and female students in COVID-19 era.

2. RESEARCH METHOD

Research method refers to the methods employed by the researchers to conduct the research in hand. In the present study the investigator applied descriptive survey method to study the problem in hand. It represents a well-defined description about the elements and is used to describe characteristics of a population or phenomenon being studied in the current situation. In this research design, using descriptive method, the researcher was interpreted the results by taking a sample of 100 college students (50 male and 50 females) of Jalandhar city.

Sample

In sampling a predetermined number of representative observations are taken from a larger population. The methodology used to sample from a larger population depends on the type of analysis being performed, but it may include probability or non-probability sampling techniques. In the present study the investigator collected data from 100 college students (50 male and 50 females) of Jalandhar city. The investigator applied stratified random sampling technique to collect the data from representative sample

Tool of Data Collection

For the data collection purpose the investigator used Mental Health Questionnaire (PHQ-9) by Dr.Kurt Kroenke, Robert, J. Spitzer and Dr.Janet B.W.Williams ,Columbia University (1999).The scale consists of 9 items and Scoring of the response is as undermentioned:

Response	Weight age
Not at all	0
Several days (1 to 7days)	1
More than half the days(7 to 12 days)	2
Nearly every day (13 to 14 days)	3

3. RESULT AND INTERPRETATION

Hypothesis 1: There exists no significant difference in the Level of Mental Health of College Students in COVID Era.

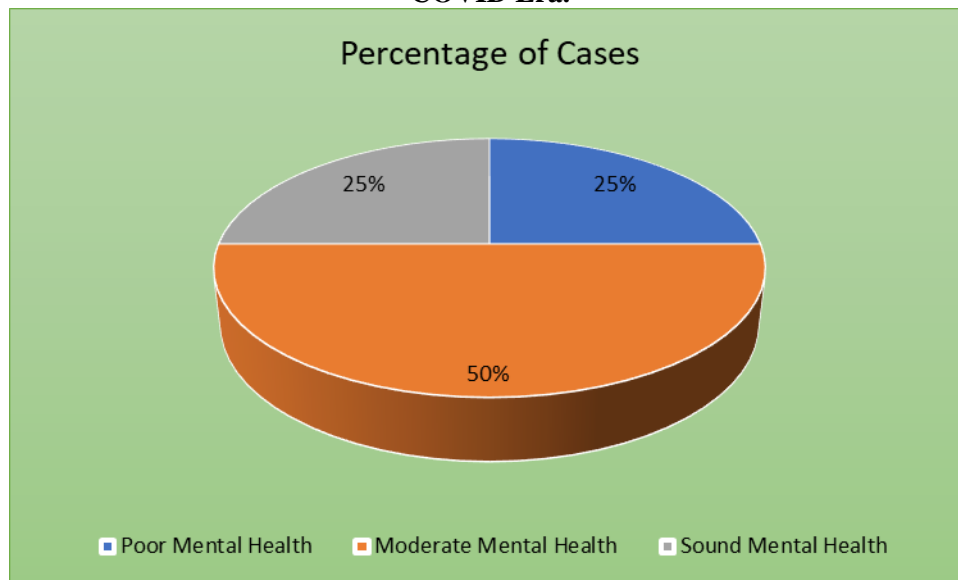
Table 1.1 Showing Percentage of College Students with different Levels of Mental Health

Sr. No	Levels of Mental Health	No. of Students	Percentage
1	Sound Mental Health	25	25 %
2	Moderate Mental Health	50	50 %
3	Poor Mental Health	25	25 %

From the above table 1 it is clear that 25% of college students fall in the category of sound mental health, while 50 % students come under the category of moderate level of mental health. 25% students belong to poor mental health. From the above percentage of different levels of mental health

among college students it is clearly evident that maximum number of college students belong to moderate level of mental health. Still it can be interpreted from the data that only 25% of students have sound level of mental health in COVID-19 era, it clearly indicates the influence of COVID-19 on the mental health of students.

Graph 1 Showing the Percentage of College Students with Different Levels of Mental Health in COVID Era.



Hypothesis II- There exist no significant difference in the mental health of male and female adolescents

Table 2: Score of Mean, Standard Deviation, t-value of Mental Health of Male and Female College Students.

Sample Group	N	Mean	S.D	t-value	Remarks
Female	50	9.62	6.35	0.55	Insignificant
Male	50	10.36	7.07		

Interpretation

The above table shows that the mean score for the difference in mental health of male and female students which came out as 9.62 and 10.36 respectively. The calculated t-value for the mental health of male and female students came 0.55 whereas table value is 1.96 and 2.98 at 0.05 and 0.01 levels of significance. As the calculated value is smaller than the table value hence the hypothesis i.e. there exists no significant difference in the mental health of male and female college students is accepted. It shows that the gender does not have any significant role regarding the mental health of college students.

4. CONCLUSION

The results showed that only 25% of students have sound mental health in COVID Era. It clearly indicates the influence of COVID-19 conditions on mental health of students. The study also shows

that there is no significant difference in male and female students with regard to their mental health. The mean score also showed that there are no significant differences between male and female adolescents. It shows that although COVID-19 has severely affected people and has caused a great deal of mental distress as well but as per the results of the present study it can be concluded that either male or female, mental health of both have been impacted due to this. Both male and females have been affected by COVID-19.

Recommendations

The study shows that adolescents are facing mental health problems during the coronavirus. It was discovered that youngsters have suffered more due to the COVID-19 and its adverse effects on their health. Therefore, to mitigate these health-related issues, parents as well as college authorities should join hands to tackle this problem by organizing counseling sessions for the student community. It is recommended that regular exercises and yoga is a good technique to deal with the mental health-related problems. In addition to this, time management and proper organization of healthy routine is also very important in dealing with Coronavirus. Considering the future challenges as well, government should organize health awareness camps and fitness-related subjects should be mandatory at educational institutions to ensure sound physical and mental health of student community.

Suggestion for the Further Studies

- This study sample has been taken only from Jalandhar City. Hence the study can be replicated at the larger sample.
- The variable of mental health of students can be studied in relation to other variables like family environment, social support etc.
- A comparative research on same variables can be conducted on rural and urban students.

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