



COVID 19 : AND IT'S ADVERSE EFFECT OVER THE MENTAL HEALTH OF THE STUDENTS AND SOLUTION

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Abstract :

Covid 19 has emerged as a curse of 21st century over human civilization from 2020. After declaring this disease as a pandemic by WHO, most of the country went for lockdown to stop the spread of virus. Even India also went for lockdown from 22nd April, 2020. This lockdown has contributed adverse effect on the socioeconomic and cultural life. The worst effected side is the life of children and their education. Till now lockdown and Covid restriction are not totally lifted from all states. Even school, colleges, universalities are still closed in most of the states. The academic classes are ongoing in virtual mode .But virtual education is not able to make education life oriented. The mental health of the students is also badly affected because they can't enjoy their childhood with yours friends. As a result, they are facing acute loneliness and depression in life. Most of the poor Indian family can't afford expensive digital devise, that's why huge number of students are not able to participate in online classes. Even the cases of depression are very dangerous for adult students. According to a study published in the Asian Journal of Psychiatry, over 53% of Indian university students suffer from moderate to extremely severe depression. According to our own studies, 74% of Indian students suffer from high to severe stress, 58% of Indian college students experienced a significant increase in their stress levels and severe deterioration in their emotions of anger, anxiety, loneliness, hopelessness, and happiness. So, throughout the work we will try to find out the reason for the decline condition of the academic life and mental health of the Indian students and we will try to find ot some ways to solve it.

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Introduction :

The first case of COVID 19 was reported in Kerala on January 27, 2020, When a 20 year's old female admitted to the emergency department in general hospital Thrissure, Kerala. The first lockdown was declared in India on 22 April, 2020 and common people started to lock themselves in home. Amidst the lockdown in Indian society, multiple issue related to social, educational, economical, psychological level and many more have been noticed which has created devastating impact on the lives of people. Even up to today life has not become normal in India. The social interaction of the people in Indian society is becoming very much limited. The fear of being infected has created a big



distance among the people. That's why complexity has come into existing social relationship. The youth and children are worst effected in this situation. The school, colleges, university in most of the states in India has been closed for long time. The most of the parts of curriculum are totally stopped except classes are ongoing in virtual mode. In India, most of the school, college does not have the basic infrastructure for online education. That's why the scope of virtual education is very much limited. Even online education is unable to fulfill the needs of the children and making the education mechanical totally. The quality of education is declining rapidly. The youth and children day by day are becoming less interested to study and spending most of the days in the virtual world. The addiction of internet is also responsible for increasing complexity of the life, health and mental hazards. In this condition, the ambitious youth students are becoming frustrated with their life and complexity of their social relationship and even they are going in depression. In this situation lot of people has lost their job which also increased their problems in their life. All of this has increased my thrust to do work on this issue

Research Objective :

- To find out major problem of the students in the virtual mode of teaching in India,
- To find out measures for the betterment of the society and learners.

Literature Review :

- July 2020, Maurice Kuglar and Shakti sinha in his work, -"The impact of COVID19 and the policy responses in India" highlights the impact of lockdown over the Indian economy. He mentioned that almost 10 million people returned to their villages, half a million of them walking or bicycling. After the economic stoppage, the International Labor Organization has projected that 400 million people in India risk falling into poverty. He also pointed how agricultural sector in India faced a big trouble. He mentioned through his work that Agriculture is the largest employer, at 42 percent of the workforce, but produces just 18 percent of GDP. Over 86 percent of all agricultural holdings have inefficient scale (below 2 hectares). Suppressed incomes due to low agricultural productivity prompt rural-urban migration. Migration is circular, as workers return for some seasons, such as harvesting. He also mentioned that in India 90% of workforce is involved in informal sectors of work and in this pandemic condition they have faced big financial crisis, which brought them in acute depression also. He also told about government responses against this crisis but also pointed out that this is insufficient. He mentioned government started his work to give relief to people with a fiscal stimulus of 20 trillion rupees, almost 10 percent of GDP. Also, the Reserve Bank of India enacted decisive expansionary monetary policy. Yet, banks accessed only 520 billion rupees out of the emergency guaranteed credit window of 3 trillion rupees. In fact, corporate credit in June is lower than June last year by a wide margin. He also mentioned how government tried to give regular ration and some paid work to poor. But still it is mostly insufficient to solve the problem. He also suggested how government policy can be more effective to bring large scale of population under their welfare plan.
- 2020, "Nandan" Akansha in his study "A comparative study of academic performances, anxiety, study habit and attitude among high school and intermediate students in COVIND 19 Situation." Discusses several things,



which students are facing in this pandemic situation. He tried to know through his studies to know socio economic profile of some students, academic performances' of the society, examine the anxiety level of the students. He also tried to understand the study behavior of the students and, to know the attitude of students towards education and other selected variable.

- January 2020, " Shukla" Abhishek in his work" Impact of COVID-19 & Pandemic Lockdown in India : Rejuvenation of Education System" discuss the impact of COVID-19 & Pandemic Lockdown on the entire education sector and how India currently handling this nascent Humanitarian man-made tragedy & its impact on education domain. Through the study he discussed how quality of education becomes very poor in this pandemic situation. He mainly discussed how virtual education make total education system is totally mechanical. He also discussed how children are losing their interest in this kind of education, which is not life oriented. The author critically pointed out the causes of frustration of the children in their academic life.

Major problem of the students in the virtual mode of teaching in India :

- From April, 2020, all the academic classes in school, college and universities are going in online mode. But, in India, there is lot of educational institution, which doesn't have minimum facilities to provide virtual materials and classes. That's why a huge number of students of these institutions are not able to take classes properly.
- The price of the electronic gazettes, which can provide good data connection are very much high and most of the poor Indian family can't afford it. That's why these much huge students are not able to participate in virtual mood of education system.
- Through the virtual mood of education all the parts of the syllabus can't be clearly fulfilled. Specially, lots of activities and practical based works can't be done properly through online mode and this is a big problem for students and teacher both.
- Another important problem is with the network connectivity, which is not good in various places of India, especially in rural side. As a result, students of this part of the country are not able to attend online classes and their study is hampering.
- We all know that, school, college and universities do not give only bookish education. It play very important role to give the opportunities for all round development of the students. That's why several cultural, sports etc activities we can find in curriculum. In India, from April, 2020, all kind of activities are stopped and this is not possible to be organized in online mode. This is not only hampering students all round development but also, their mental health also.
- School environment, friends, school activities all has very important role in students life and their development. Through the virtual mood of education, students are not able to get the test of real school environment. They are being isolated from their friend. As a result their social life and relationship is becoming complicating. That's why most of the students are not able to like this mechanized way of education. Even most of the students are facing acute depression.



- The life of the college and universities students is also being hampered in this pandemic condition. The rich knowledge and information which they can get from college library, professor lecture on classroom, this much things they are not able to get in virtual mode. As a result day by day, they are losing their motivation level in studies.
- College canteen, college library, ground, hanging with friends and dear one at college campus, this all small things have also great value for developing a good mental health for college students. But in this pandemic period they are missing all of the beautiful moment in life which is increasing their frustration level, and complicating their social relationship. This is very bad for their mental health also.
- If we carefully notice, we can see that, the addiction of cigarette, wine and others harmful things has been increased among the college, universities students in this lockdown period, which is also the indication of their increasing frustration level.
- Addiction in Internet is always harmful for children and youth. In this lockdown period, when students are feeling bore in their life, they are becoming very much involved with their mobile internet or laptop. Sometime, they are misusing it and inviting problem, complication in their life also.
- If we carefully notice, then we can see, the number of cyber crime is increasing havoc in these two years which is very much dangerous of ours society.
- In this lockdown period most of the government and private recruitment has been stopped. As a result ours ambitious talented youth students are now demotivated with their career and often channelizing their talent and energy for wrong deeds. Even lots of them are facing acute depression.

Possible solution :

- Government should try to vaccinate all the students, teacher, professor and teaching staffs as hurry as possible and should take sustainable and scientific measures to open educational institution.
- Government should find out the names and number of poor students who are not financially able to afford digital device and should provide financial aid that they can buy it from market. In this respect already west Bengal government has taken measure and providing tab to all the 11 and 12 th standard students.
- Government also should find out the number of school and colleges who are not enough strong technically to provide online education and should sanction economic aid to develop this infrastructure. In this respect strict supervision should be required.
- Government should give some training and capacity building training to some old teachers who are not enough expert in digital mode of education.
- The entire teacher, professor, should be trained properly that they can increase student's motivation level in virtual mode of education.
- Teachers, parents should be much more sensible towards students mental needs, their problems, complication of their life. They should spent much more time with students in friendly manner. In this way, the frustration level among students may be decreased.



- Parents should be much more vigilant that their child should not be very much addicted with mobile and internet.
- Some NGO who are working for the development of the mental health of the people, they should raise their helping hand more for the child and adult students. Proper counseling should be provided for needy students.
- Government, several political parties, clubs and NGO may organize some cultural and sports activity in locality wise, by maintain COVID protocol, which can give some amassment for the students,

Conclusion :

Students are the most important human resources of ours country and proper education, sports, training can only develop their skill. From 2020 to till today, there study and all others necessary activities are hampering. If specific measures have not been taken, then their future can be destroyed. Already some state government and central government has been taken some measures but these are insufficient, then the requirements. Even parents, teachers and others members of the society must be sincere about their role to motivate students for study and others constructive activity. We must have to remember our quality of future is depending on the ability of ours youth generation. So, we have great responsibility to nourish them properly. We are going through a crisis period, that's why this time we must have to be much more responsible with children and youth students.

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