

## A Study on Psychological Impact of Covid-19 Lockdown in Students

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### Abstract

*Mental health is overlooked by people very often. The coronavirus pandemic has taken a toll on the mental health people of all age groups, but also during these times the importance of mental health has been empathized. Psychological impact of lockdown has been very rough on the students. This study focuses on the psychological impact of lockdown among students based on gender. It also explores the young mind's perspective. The primary aim of the study is to find out the effect of psychological impact, taking gender into consideration. It analyzes the time spent on various activities during the lockdown. The purpose of the study is to assess various parameters associated with mental health, behavioral changes, psychological impact and find out the most affected gender. Suggestions and solutions will be provided to motivate the student population.*

**Keywords:** Mental health, Mental health during COVID-19, Psychological impact of lockdown, student's mental health.

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### I. INTRODUCTION

“The impact of the pandemic on people’s mental health is already extremely concerning. Social isolation, fear of contagion, and loss of family members is compounded by the distress caused by loss of income and often employment.” Dr. Tedros Adhanom Ghebreyesus Director-General, World Health Organization (2020).

India is the second most populated country in the world with nearly a fifth of the world's population. The current population of India is 1,387,419,607 as of Monday, January 18, 2021, based on Worldometer elaboration of the latest United Nations data. India 2020 population is estimated at 1,380,004,385 people at mid-year according to UN data. India population is equivalent to 17.7% of the total world population. The population density in India is 464 per square Km (1,202 people per miles). The total land area is 2,973,190 square Km (1,147,955 square miles). 35.0 % of the population is urban (483,098,640 people in 2020). The median age in India is 28.4 years.

In India, Corona Virus massively spread throughout the country and it almost changed our country economically and the country’s people in one way or another. The Janata Curfew was the one idea which was implemented in India from March 25, 2020. It was extended till May 30, 2020 and still there are some restrictions to be followed by the people for their well-being. The economic activity was curtailed before the date and could not survive the market. The impact of the lockdown is still significant. The schools and colleges are remained closed till December, 2020. The students were affected in all the ways.

A study conducted by China researchers during the initial stage of Covid-19 lockdown found out that their students (16-24) are at a greater risk of stress, anxiety and depression than other age group persons. Another study conducted in France found out that 11.4% of students had suicidal thoughts, 22.4% of students have faced severe distress, 24.7% of students have faced high level of perceived stress, 16.1% of students have faced severe depression and 27.5% of students had high level of anxiety. This paper does help us to analyze the psychological impact of students during lockdown and suggest some solutions for them to handle the stress/anxiety/depression in future.

A recent survey conducted in Maharashtra college students have mentioned that female students are more concerned about the health and future are more prone to the psychological issues like feeling to uncertainty, helplessness and outbursts than male students. And, it has mentioned that urban students are more mentally affected than rural students. The reason behind all these statements are the increase usage of internet.

The prior problem of the students was their career and mere future. The students and their parents were so concerned about their education which induce stress, depression and anxiety. Therefore, the study was focused to analyze the psychological impacts of students during lockdown and to recommend the suggestions for the students to face the stress, anxiety and depression in the future.

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## II. MATERIALS AND METHOD

Data Collection, which is usually done through questionnaire physically from one-one-one person. But due to the restrictions for the students, we collected the data through online survey. We used Google Forms to collect responses from our target audience on time considering the confidentiality, and anonymity of the responses. Questions were framed based on basic information, time spent on various activities in the lockdown [1 - I don't usually do this at all, 2 - More than usual, 3 - Less than usual, 4 - same as usual] and psychological impact (stress, depression and anxiety) questions on assessing the symptoms of impacts on mental health. A ten-point rating scale was given for the target audience to express their problems.

## III. DISCUSSION

70 respondents were collected from male and female students across Tamil Nadu. The male students participation were more which accounts to 54.30% and female students participation accounts to 45.70%. The students who were major participants were from 22-24 age group which accounts to 62.90%, 19-21 age group students account to 31.40% and 16-18 age group students accounts to 5.70%.

| Gender | Age    | Family type | Background | Family income | Year of Study | Did you attend online classes? |        |           |        |          |        |     |        |
|--------|--------|-------------|------------|---------------|---------------|--------------------------------|--------|-----------|--------|----------|--------|-----|--------|
| Male   | 54.30% | 16-18       | 5.70%      | Joint         | 24.30%        | Urban                          | 65.30% | 10k-25k   | 24.30% | I Year   | 14.30% | Yes | 82.90% |
| Female | 45.70% | 19-21       | 31.40%     | Nuclear       | 75.70%        | Rural                          | 34.30% | 25k-50k   | 40%    | II Year  | 40%    | No  | 17.10% |
|        |        | 22-24       | 62.90%     |               |               |                                |        | Above 50k | 35.70% | III Year | 7.10%  |     |        |
|        |        |             |            |               |               |                                |        |           |        | IV Year  | 38.60% |     |        |

The family type was discussed and many of them are living in a nuclear family type which accounts to 75.70% and the joint family type which accounts to 24.30%. Most of the students background is urban which accounts to 65.30% and rural students account to 34.30%. The responses were collected from both under graduate students and post graduate students. 40% of the students are studying their second year and 82.90% of the students attended their online classes.

| TIME SPENT ON VARIOUS ACTIVITIES |        |         |             |              |               |               |               |              |                     |                |
|----------------------------------|--------|---------|-------------|--------------|---------------|---------------|---------------|--------------|---------------------|----------------|
|                                  | Family | Friends | Watching TV | Talking over | Playing games | Reading books | Art and craft | Social media | Physical activities | Food and sleep |
| I don't usually do               | 4      | 6       | 11          | 5            | 15            | 14            | 25            | 4            | 6                   | 1              |
| More than usual                  | 38     | 18      | 27          | 28           | 27            | 16            | 23            | 44           | 22                  | 35             |
| Less than usual                  | 8      | 36      | 17          | 22           | 18            | 23            | 7             | 17           | 30                  | 15             |
| Same as usual                    | 20     | 10      | 27          | 15           | 10            | 17            | 15            | 15           | 12                  | 19             |
| Total                            | 70     | 70      | 82          | 70           | 70            | 70            | 70            | 80           | 70                  | 70             |

According to the above table, 25 students do not usually do arts and crafts and only one respondent have responded as she does not usually have adequate food and sleep. 44 students have used social media more than usual and 16 students have developed reading habit more and they have practiced reading habit more than usual. 36 students have spent with their friends less than usual and 7 students have reported that they have spent less time in arts and crafts. 27 students have watched TV same as usual and 10 students have spent time as usual by playing games and spent their time with friends.

| PSYCHOLOGICAL IMPACTS                                  |           |              |             |       |
|--------------------------------------------------------|-----------|--------------|-------------|-------|
| PROBLEMS FACED DURING LOCKDOWN (SCALE OUT OF 10)       |           |              |             |       |
| Increased Heartbeat/Chills/Sweating                    |           |              |             |       |
|                                                        | Low (1-4) | Medium (5-6) | High (7-10) | Total |
| Male                                                   | 11        | 15           | 10          | 36    |
| Female                                                 | 14        | 5            | 9           | 28    |
| Shaking/Agitation/Throat dryness                       |           |              |             |       |
| Male                                                   | 18        | 4            | 9           | 38    |
| Female                                                 | 24        | 7            | 4           | 26    |
| Overthinking                                           |           |              |             |       |
| Male                                                   | 5         | 6            | 26          | 37    |
| Female                                                 | 9         | 4            | 18          | 31    |
| Crying                                                 |           |              |             |       |
| Male                                                   | 19        | 4            | 18          | 41    |
| Female                                                 | 16        | 4            | 9           | 29    |
| Decrease in appetite/sleeplessness/Water intake        |           |              |             |       |
| Male                                                   | 9         | 10           | 16          | 35    |
| Female                                                 | 12        | 5            | 15          | 32    |
| Inability to relax                                     |           |              |             |       |
| Male                                                   | 12        | 8            | 17          | 37    |
| Female                                                 | 13        | 3            | 16          | 32    |
| Feeling anxious/restless/fatigue                       |           |              |             |       |
| Male                                                   | 12        | 3            | 22          | 37    |
| Female                                                 | 15        | 5            | 12          | 32    |
| Feeling sad/empty/guilty/irritable                     |           |              |             |       |
| Male                                                   | 9         | 11           | 17          | 37    |
| Female                                                 | 12        | 6            | 14          | 32    |
| Social withdrawal/changes in appearance/self-harm      |           |              |             |       |
| Male                                                   | 11        | 12           | 14          | 37    |
| Female                                                 | 20        | 4            | 8           | 32    |
| Repetitive speech/forgetting important events/confused |           |              |             |       |
| Male                                                   | 11        | 5            | 20          | 36    |
| Female                                                 | 21        | 3            | 13          | 37    |

The data collection was collected for the scale out of 10 to the students with the above-mentioned psychological distress options. For the convenience of the study, we have converted into three section as low (1-4), medium (5-6) and high (7-10). From the above-mentioned table, the study has recorded that male students had underwent lot of stress/anxiety and depression. The ten psychological distress symptoms are the common symptoms seen in the people who need good counselling sessions for their better mental health. The low and moderately depressed people should be given much care and affection. The results which are as follows: 10 male students have experienced increased heartbeat/chills/sweating, whereas 9 female students have experienced increased heartbeat/chills/sweating. 9 male students have experienced shaking/agitation/throat dryness, whereas 4 female students have experienced shaking/agitation/throat dryness. 26 male students have overthinking habit, whereas 18 female students have overthinking habit. 18 male students have experienced mental trauma which made them cried whereas 9 female students had experienced the situation. 16 male students have experienced decrease in appetite/sleeplessness/water intake whereas 15 female students have experienced decrease in appetite/sleeplessness/water intake. 17 male students have experienced inability to relax in hard situation, whereas 16 x

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#### IV. RESULTS

From the data collected and analyzed, the male students have affected psychologically more than female students during lockdown. Both male students and female students got psychologically affected by some means. To conclude, some of the suggestions to cope with the situation in the future are listed below:

- Do not panic when you read or hear negative news. First, confirm the news as there are many fake news who publish for name and fame alone.
- Handle any situation with ease. Take a long deep breathes and think of moments that make you happy instantly.
- A person who meditates and exercises daily are physically and mentally strong enough to handle any situation calmly. So, add meditation and physical activities in your to-do list daily.
- The most important factor of life is a good family. Whenever you have time and when you feel low, make it a habit to spend the time with your family.
- Do not leave your negative thoughts and fear to overcome your positive thoughts and love towards yourself.
- Do not leave your body dehydrated. When your body gets dehydrated, you will become weak physically and mentally. So, keep yourself hydrated.
- Be an early bird. Start your day with physical exercises and end your day with your friends and family. The major point to be noted is to avoid usage of mobile phones. Disconnect yourself from social media and reconnect your roots with your family tree.
- If you are a religious person, then pray for yourself, your family and friends and for the world. Be positive and spread positivity around you.

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