Impact of COVID-19 Lockdown on Mental Health of Youth

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Abstract

Covid 19 Pandemic led to several mental health implications for the people from all the age groups. However, school and college going students are most affected to it. School and college closure affected the students in different levels. The present study aimed at assessing the impact of Covid-19 lockdown on mental health of Youth. The type of study is quantitative in nature. The descriptive research design was used for the study. With regard to selection of students' researcher has chosen two Post-Graduation Centers, which belong to semi urban and urban areas. With regard to selection of the school's researcher has chosen purposive sampling method. With regard to selection of students' researcher used convenience sampling. Both male and female students studying in first- and second-year class were taken in to consideration for the study. Data was collected virtually. The total populations of the study were 200 students. Questionnaire method was used as a tool to collect the data from students. The result reveals that students have faced one or the other mental health issues during lockdown.

Keywords*: Covid-19, lockdown, mental health and youth

A novel corona Virus SARS-CoV-2 was recognized as the instrumental for the pandemic in all the parts of the worldbyWorld Health Organization, which was first recounted in Wuhan, Hubei Province, China (1). For most of us Covid-19 Pandemic means staying at home. Less of social interactions and exercise. This can affect our physical and mental health. These lockdown periods affect all the age group in many ways. The major emotional difficulties include anxiety, depression, and biological effects like sleep, appetite disturbances, mental illness and substance misuse. (2). The pandemic has huge impact on the students 'mental health. Mental health of college students should be observed during epidemics. (4). To prevent the spread of corona virus the Government of India issued various guidelines for social distancing. Another step taken to control the spread of virus is the closures of educational institutions in all the states. Closing the education institutions affect the students' learning and wellbeing (9). According to UNESCO, from April 8, 2020, schools have been put off nationwide in 188 countries and 90% of the students worldwide are now out of education. (3) The educational institution influences the students' personality in several ways. Millions of the students are deprived from the good quality education. (7) The major reasons for the stress among the university students are, International students staying far from home are worried about their own health, safety and education and they are also concerned about the wellbeing of their families.

Students who reached their home are worried about to not be able to return to their institutions for further studies. The pandemic may have severe influence on students'careers.They also experience major disruptions in teaching and assessment in the final part of their studies. They may graduate late due to the postponement of the final examinations. The graduate students will face sever challenges of the global recession caused by COVID-19 crisis. Students are also concerned about the outbreak will unfavorably affect their exam performance. All these factors lead to great stress among the student's community. Which further impacts on their learning and psychological health of students (10)

Research questions:
1. Does covid-19 lockdown have an impact on youths' mental health
2. Does Covid-19 lockdown affect the normal education system of the youth

Objectives of the study
- To collect the demographic details of the respondents
- To examine the mental health issues faced by the students during lockdown

Hypotheses
1. There is a significant difference in mental health among students during covid -19 lockdown period
   2.There is a significant difference between normal college system and online mode of education during covid-19 lockdown period.
   Criteria
1. **Inclusion-**
   Students studying in Post-Graduation Centers
   Students from urban and semiurban areas
   Both the genders (boys and girls)

2. **Exclusion**
   Students from primary to Degree level

Sample design
The present study consists of 200 students, out of which 133 are male and 67 are female population. The data was collected virtually using Google forms and convenience sampling

Statistical techniques
Descriptive and inferential statistics were used to analyze the data

Methodology
The type of study is quantitative in nature. The study described the various mental health issues faced by students during lockdown period.The descriptive research design was used for the study. With regard to selection of students' researcher has chosen two Post-Graduation Centers, which belong to semi urban and urban areas. With regard to selection of the school's researcher has chosen purposive sampling method. With regard to selection ofstudents' researcher used convenience sampling. Both male and female students studying in first- and second-yearclass were taken in to

consideration for the study. Data was collected virtually. The total populations of the study were 200students. Questionnaire method was used as a tool to collect the data from students.

Mental health issues faced by the students during lockdown period

Table 1 **Baseline factors of the socio-participants on on-line education/classes**

Baseline factors of the socio-participants on on-line education/classes.		
Descriptive Statistics		
Factors	**Mean**	**Std. Deviation**
Gender (n=200)	11.34	4.473
Age (in Years) (n=200)	12.05	5.574
State of origin (n=200)	15.00	5.855
Domicile (n=200)	12.96	6.828
Family Type (n=200)	11.87	3.337
Fathers Occupation (n=200)	13.57	4.646
Present Status (n=200)	11.99	2.122
Marital Status (n=200)	11.98	2.157
Single Child? (n=200)	11.31	2.719
Eldest Child? (n=200)	12.90	3.014

Table 2, shows a summary of chi-square results on dimensions of mental health issues faced by students

Sl.no	Dimensions	Chi-Square	Asymp. Sig.
1	Lockdown and happiness	20.410[a]	.000
2	Lockdown and Appealing factors	258.280[b]	.000
3	Completion of exam	353.710[a]	.000
4	Mode of exam preference	75.160[c]	.000
5	Facility to appear exam	6.010[a]	.050
6	Assessing Internal Exam	70.390[a]	.000

Pearson value in the chi-square test table shows the mental health issues faced by the students during the lockdown. The chi-square result shows that Gender (11.34), age (12.05), state of origin (15.00), family income (11.87), domicile (12.96), father occupation (13.57), present status (11.99), marital status (11.98), single child (11.31), and eldest child (12.90) significantly influence on student's mental health status.

Further, the dimensions indicate that lockdown and happiness (20.410) is significant P-value is which is more than 0.05 level followed by lockdown and appealing factors (chi-square 258.280), completion of the exam (353.710), mode of exam preference (75.160), facility to appear exam (6.010) and assessing internal exam (70.390).

Following trend are noted from cross tabulation

Factors which are associated with the mental health of the students during lockdown were feeling loneliness at home due to no opportunity to associate with the friends, reduced income of the family members due to lockdown, which directly or indirectly gives its impact on the mental health of the

students, few students were worried about their future, the reason may be the ability to understand the lessons during online classes varies from each student. It's tough for the average students to understand the lessons taught during online classes. There is a possibility that students would face learning crisis. Students will be missing many college activities during lockdown for instance, college fest. student's forum, exposure visits, special day celebrations, spending time with friends and competitions. Students have different opinions on spending time with family members. Few loves to spend time with family members, while others miss the social life. Students try to connect with their friends through social media such as phone and through other electronic devices. Few students developed productive habits during lockdown such as reading, gardening, cooking and helping the parents in household chores. Students were sharing their feelings with different people such as parents, siblings and friends. Few of them experienced sleeping difficulties during lockdown. Study examined the students 'social networks and mental health before and during the time of COVID-19 pandemic in April 2020.Respondents were Swiss Undergraduate Students.Students'level of stress, anxiety, loneliness and depressive symptoms got worse compared to before the lockdown. Stressors move from fears of missing out on social life to worries about health, family friends and their future (11)

Suggestions/ Recommendations

Study reveals that majority of the students expressed various mental health issues during lockdown period. Educational programs should enable students to be good human beings, productive, and socially responsible. Further it also aims to make students enable to achieve excellence in their respective areas of interest. Students required psychosocial support to deal with various mental health issues. Counsellor can play major role in this area. School counselors can work with parents, teachers' students by using his/her professional services to encourage and support them unconditionally to reach their academic progress and to maintain the mental health of the students.

Conclusion

Data was collected virtually from the students. Studentshave expressed various mental health concerns. There is a need to ameliorate children and adolescents' access to mental health support services geared towards providing measures for developing healthy coping mechanisms during the current crisis

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