



Impact of Covid-19 on Student's Mental Health

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ABSTRACT

The covid 19 has already had a direct impacted the physical health of countless people, and it is expected to pose a major mental health threat, both nationally and internationally. Patients and healthcare workers receive psychological support, but the mental health of students also needs special attention. The COVID-19 pandemic has caused social unrest among college and university students. Among a group of undergraduate and graduate students most impacted by the Covid-19 outbreak, to determine the characteristics that contribute to higher rates of mental health burden.

The epidemic of Covid-19 has introduced complicated sequence of difficulties for everyone. The mental state of students has been negatively impacted by grief, fear, stress, anxiety, lack of social support, excessive technology usage, and parental exhaustion. During the Covid 19, individuals lost their loved ones and family members. Relationships between friends and family are powerful assisting factors for learners, however the COVID-19 outbreak has thrown everyone off balance.

Nowadays, many students are opening up about the state of their mental health, and many are looking for care providers to learn more about the state of mental health in India. In the last three or four years, there has been a dramatic increase in the discussion of mental health, which includes substance abuse and its complications. It endangers people's lives and upends their lives. It endangers people's lives, disrupts our way of life, and disproportionately affects a variety of different groups. There is a massive unacknowledged and unreported societal death toll. University students frequently experience psychological disorder issues. This study's purpose is to understand more about psychological disorder symptoms in the students. In this we used the SPSS for the evaluation purpose and did the independent sample test for anxiety, stress and mental issues for the 100-150 sample data.

Keywords: COVID-19, Hypothesis, Statistical test, Mental health.

1. Introduction:

A state of good mental wellness is psychological healthiness that makes it possible for people to handle the challenges of life, realize its full capabilities, learn and perform effectively, and make a contribution to their neighborhoods. Emotional well-being is a complicated spectrum Individuals may experience varying degrees of difficulty and distress, as well as very different social and clinical outcomes. Depression includes psychological disorders and psychosocial disabilities, as well as other mental conditions associated with severe frustration, functional impairment, or risk of consciousness.

Individuals who suffer from psychological illness are quite likely to be carrying lower psychological health, however this isn't always or necessarily the case. Good psychological state and well-being are not one-time occurrences. Humans can all have days, weeks, or months when we feel resilient, powerful, and idealistic, irrespective of situations or circumstances. This can often be mixed with completely different thoughts, feelings and behaviors, or not feeling resilient and optimistic in just one or two areas of our lives. Since approximately 25% of people, this has the potential to have a significant impact on how we consider, believe, and respond in many aspects of our daily lives, including jobs and relationships. This can lead to the emotional growth illnesses for example, anxious and depressed mood.

During Covid-19, the entire world was affected by a crisis caused by the distributed of an infectious virus that caused severe breathing difficulties illness. The novel coronavirus SARS-COV -2 creates Covid -19, a highly contagious inflammation. Mucus buildup in the airways and lungs causes intense breathing issues in infected individuals.

The bacteria's expansion has created a problematic task throughout the entire globe. Every nation fought against this situation with their available resources. The infection Covid -19 seemed to have a major impact on one's health, economy, and financial status of the world's population. Although interdiction helped reduce infection rates, it also caused an emotional and psychological toll. One of the most pressing issues, which is expected to worsen daily, is psychological well-being. Because of the disease outbreak as well as lockdown, students are also dealing with mental health issues such as depression, anxiety, and panic.

Many academic students have reported that they experienced mental health issues and breathing problems. As a result of such a surroundings, mental wellbeing disorders are more widespread among students than among non-students of the same era, and their prevalence and severity rising. It's an extremely concerning condition of aspiring professionals that ought to be carefully researched in order to develop some static, outcome- directional turns.

There hasn't been any analyzed research on the mental health position of graduates and postgraduates in India due to COVID -19. Consequently, researching multiple parts of psychological health between graduate learners is crucial help lessen the consequences of this outbreak. The aim is divided into two parts. First, investigate and evaluate the psychological health of graduate and postgraduate-students. Other, propose a method for students to combat the stressful effects.

2. Literature Review:

1. The COVID-19 Pandemic's Effect on College Students' Mental Health Students in India:

This paper is written by Ankit Chouksey and Munmun Agrawal. The study's goal was to quantify the emotional and mental toll that the coronavirus epidemic had on pupils. A questionnaire was developed with three components (demographics, GAD-7, and potential stressors) to elicit answers from students. Anxiety was shown to be significantly influenced by COVID-19 stressors such as the effect on academic activities, fear about academic delays, and change in daily routine life, but not by demographic characteristics such as age, married status, degree, or year. The findings of a correlation study are presented in this publication. They argue that, given the gravity of the issue, there is an immediate need to create psychiatric therapies to help pupils deal with anxiety.

2. Mental health and activity patterns of UK university students during the COVID-19 pandemic:

The purpose of this research was to learn how the COVID-19 outbreak affected students' mobility habits and mental health in the United Kingdom. Research shows that 25% of Chinese college students experienced anxiety during the outbreak, with those who were living away from home being more vulnerable. In this research, we used the analysis of covariance (ANCOVA) to look at how the variables changed over time, and we used the Pearson correlation to seek for connections between them. There is further evidence to suggest that the mental health of young people, students, and women could be especially at risk during the COVID-19 epidemic. While the COVID-19 pandemic is having a severe influence on the mental health and mobility of UK university students, our research could not find any association between these aspects.

3. The Effect of the COVID-19 Epidemic on Saudi Arabian Students' Sleep and Mental Health:

This research looked at the impact of the COVID-19 epidemic on the mental and sleep health of college students in Saudi Arabia. Five hundred and eighty-two Saudi undergraduates between the ages of 18 and 45 participated in a cross-sectional online survey on depression, anxiety, stress, resilience, & insomnia during the COVID-19 epidemic. The study made use of a t-test for independent samples, an analysis of variance (ANOVA), and a hierarchical regression analysis. Undergraduate students were shown to have poor levels of resilience and high levels of melancholy, anxiety, and perceived stress throughout the epidemic. Moreover, several students reported having trouble sleeping. This study found that insomnia and lower psychological resilience were associated with mental health problems among Saudi undergraduates. As a result, interventions aimed at enhancing emotional well-being and promoting sleep and mental health are crucial for promoting positive outcomes for student well-being throughout the epidemic..

4. Supporting student mental health in the face of the COVID-19 pandemic:

The following scholarly essay has been published by their Excellencies, Sir Yusen Zhai and Sir Xue Du. In light of the current COVID-19 outbreak, the specific issues faced by college students and their effect on mental health are underlined. Given the possible impact of the COVID-19 pandemic on students' mental health, it is necessary to have a deeper understanding of these difficulties and worries in order to guide the creation of action plans & public health messaging that may better assist college students throughout this crisis. The mental health of students has been profoundly impacted by the actions taken by universities in reaction to the pandemic. It's encouraging that so many educational institutions acted quickly to address the unusual occurrence. Since then, they have changed their focus from classrooms to online resources. Even though some students may experience acute stress owing to the lack of transition time, remote learning helps college students to maintain their academics schedule, which has been shown to promote mental health and emotional resilience. In addition to distance learning, student counseling should continue and adapt to telecommunications so that students have access to consistent academic help. Second, if the epidemic has caused students to miss out on their internships or projects, their supervisors and research advisers should work with them to find alternatives so that they may complete their work from home. Third, universities should develop novel methods of assisting students with investigation & capstone projects so that they may graduate on schedule; in the meantime, community colleges at universities should evolve into ethical services to continue to support the career development of college students.

5. COVID-19 epidemic and effects on mental health: A systematic analysis of the available data:

Nina Vindegaard & Michael Eriksen Benros co-authored this scholarly article. While the overall medical issues associated with the COVID-19 pandemic have garnered the most of the media coverage, the possible direct impact on mental health caused by SARS-CoV-2 and its neurotropic nature have been the subject of just a small number of research. Since the SARS-CoV-1 pandemic (2002-2003) was linked to psychiatric difficulties, it is becoming more worrying to consider the indirect impacts of pandemic on general mental health. In this study, we conducted a systematic search of PubMed for publications that measured psychiatric symptoms or morbidities in COVID-19 infected individuals and in non-infected groups, which we subdivided into

mental patients, healthcare professionals, and non-healthcare workers. Just two of these studies looked at people who had tested positive for COVID-19; the other 41 looked at how the pandemic had an indirect impact.

6. Mental health in the COVID-19 Out-break:

W Cullen, G Gulati, & B D Kelly authored this research. In this study, we examine how the public's emotional reactions during an infectious disease epidemic affect the speed of the disease's transmission, as well as the frequency of emotional suffering and social instability in the wake of the outbreak.

It is well-known that people's adherence to public health interventions (like vaccination) and how they deal with the danger of illness and the losses that come with it are heavily influenced by psychological variables. Mental reactions to pandemics might include defensive mechanisms, emotional distress, and irrational actions. In this research, researchers used a number of techniques aimed at reducing the emotional and mental toll of COVID-19. First, while it may be tempting, it is not a good idea to transfer psychiatrists or psychiatric nurses to work in other areas of medicine. Second, we believe that people who are living with the effects of COVID-19 should have better access to psychological therapies, increased awareness and diagnosis of mental health issues, & provision of targeted psychological interventions. These therapies have the potential to minimize or eliminate mental morbidity in the future. Finally, it's important to recognize the importance of supporting frontline employees like nurses and doctors.

7. COVID-19 Epidemic Implications on International University Students' Mental Health: Stressors and Coping Mechanisms:

Agnes Yuen-kwan Lai, Letitia Lee, Man-ping Wang, Yibin Feng, Theresa Tze-kwan Lai, Lai-ming Ho, Veronica Suk-fun Lam, Mary, Sau-man Ip, and Tai-Hing Lam all contributed to the publication of this study. The goal of this research was to compare the mental health outcomes of foreign students who returned to their native country or area after studying in the United Kingdom or the United States with those who remained in the United Kingdom or the United States.

Between April 28 and May 12, 2020, an online questionnaire survey with an exponential, non-discriminatory snowball sampling design was fielded. More detrimental effects on mental health were predicted by the entire sample, academic stress, health-related stress, the availability of credible information on COVID-19, and a lack of social support. The study's findings pointed to the correlation between physical activity, resilience, and optimism, all of which pointed to less severe negative consequences on mental health. Conclusion: Negative impacts on mental health were greater for those who stayed than for those who left. Educators & mental health professionals, we implore you to ensure that overseas students, particularly those who choose to remain in the country, get the care they need during this epidemic.

8. The COVID-19 epidemic's psychological effects on Chinese college students:

Cao *et al.*, 2020 performed research on the mental health of Chinese college students during the CoV19 pandemic and discovered that 2.7% of respondents experienced moderate anxiety, 21.3% experienced mild anxiety, and 0.9% experienced severe anxiety. Living in a city, having financially secure parents, and having a supportive community all contributed to a lower stress level. In addition, having close relatives or acquaintances infected with COVID-19 was associated with increased anxiety in college students. Correlation analysis showed that anxiety levels were linked to things including time lost from school, money lost, and disruptions to daily life. A person's anxiety levels were inversely related to their social support.

9. French pupils' mental health during the COVID-19 pandemic:

Essadek and Rabeyron (2020) conducted research on the emotional well-being of students in France during the 2009 covid 19 epidemic and discovered that students had elevated levels of anxiety, despair, and distress. Due to the widespread emotional anguish and the potential for the development of post-traumatic stress symptoms as a result of the epidemic and incarceration, it is probable that many pupils may need professional mental health assistance.

10. A cross-sectional survey study looking on the mental health of US college students during the COVID-19 pandemic:

Wang *et al.*, 2020 did a research on the mental health of US college students during the covid 19 epidemic and discovered that 48.14% showed moderate to severe depression, 38.48% showed moderate to severe anxiety, and 18.01% had suicidal thoughts. The majority of those surveyed said that the epidemic had made them feel more stressed and anxious. Only around half of those polled reported feeling comfortable dealing with the pressures they were under.

11. During the COVID-19 outbreak in Turkey, a survey of university students' views, anxiety levels, and preventive habits was conducted:

Akdeniz *et al.*, 2020 university students in Turkey were surveyed about their perspectives, anxiety levels, and self-care practices for covid 19. The poll found a strong correlation between respondents' levels of COVID-19-related worry and the amount of media coverage the topic received. The spread of the disease may be halted if people took precautions early on. Our results showed that people's actions during the COVID-19 epidemic followed rather standard patterns. Recognizing the ebb and flow of emotional responses like fear and anxiety and the many factors that modulate them may help in the design of outbreak control measures..

12. The Impact of Social Media on College Mental Health During the COVID-19 Pandemic: a Multinational Review of the Existing Literature:

This paper analyzed how college students' emotional health was affected by their usage of virtual entertainment during the 2014-2015 global outbreak of Coronavirus. During the Coronavirus era, almost all participants increased their usage of virtual entertainment, although undergraduates were significantly affected. Due to the epidemic, online use became mandatory. Undergraduates' online experiences ranged from pleasant to poor, depending on a number of factors.

We discovered that negative emotional well-being outcomes, especially misery, were linked to excessive or deceptive usage of virtual entertainment. The coronavirus acts as a mediator by providing further evidence that engaging in online recreational activities improves mental health. The negative impact of online entertainment on emotional health during the Coronavirus epidemic may be mitigated by the use of rational thought, trustworthiness, care, and a fresh perspective. In order to assess for associated psychological health disorders and promote healthy web usage, clinicians should collect data on their online entertainment use. This poll is limited in its applicability since there is so little written material available on the topic. Intercession initiatives to ensure the emotional wellbeing of students during a global epidemic should be the subject of future research, as should the impact of online entertainment on students' mental health.

3. Research methodology:

Research Design:

This study proposal will use a qualitative methodology, and a survey will be conducted to gather the main data. The qualitative approach to the gathering of information focuses on identifying a trend or phenomena over a larger proportion of individuals, giving the opportunity to summarize characteristics across connections or groupings. With this approach, 130 students are surveyed, and Statistic methods are employed to determine broad trends in how the processes interact with one another. The research is designed for identify the effect of COVID 19 on students' psychological health. The study deals with the identification of cause and consequences faced by the students during the pandemic.

Problem Statement:

The enormous dissemination of Covid-19 had a psychological impact on individuals all across the globe. According to psychologists, coronavirus infection has caused a rise in "psychological disorientation" in people. Stress is primarily caused by the fear of mortality, the uncertainty of one's livelihood, the financial crisis, and the fear of contracting corona or infecting close people. The most vulnerable groups to mental health problems are coronary heart disease patients, the homeless, and professionals who leave the house for emergencies. The general populace, including adults, professionals, front-runners, and other sick people in the nation, have grown increasingly concerned as the COVID-19 has spread across the nation. According to Noor, J. (2021), 91.4% of respondents were worried about the state of the world. 72.6 percent of people experience sleep problems. In addition, 61.8 percent of respondents showed wrath and irritation, and 73.5 percent did the same when expressing anxiety about the future. 6.2% of people were all in fear. According to 59.4% of respondents, life has lost all significance for them. A vital component of overall wellbeing is mental health. The majority of the population is made up of students. Due to COVID-19, kids have been forced to stay at home because schools had to close, and the recurring longer lockdown times have caused them to experience numerous mental illnesses and mental weakness. Lockdowns cause social distance between pupils and other people while they are at home, which socially damages students as well. The epidemic situation reduces their mental interaction. The coronavirus pandemic hinders interaction, which is necessary for learning but is not the only factor that influences instruction. Due to the apparent family problem and lack of entertainment brought on by the distance created with friends, students feel depressed and frustrated, which has an adverse affect on their psychological wellness. Due to the closure of educational institutions in Bangladesh, which caused mental depression, worry, and anxiety of their studies, academic stress

had a adverse impact on students' mental health. They are feeling more and more mental strain every day. Students must spend the entire day in front of a computer in order to maintain their studies because practically all institutions in the country offer online courses. They consequently have to deal with a variety of physical impairments. The importance of despair, dread, panic, resentment, rage, loneliness, neglect, humiliation, and vain ideas brought on by censorship and social distance has been stressed by many psychologists and behavioural therapists. The goal of the study was to pinpoint the main factor influencing students' mental health during the COVID-19 pandemic. In addition, research was done to understand the impact of economic, social, and educational determinants on pupils' the impact of the Covid-19 epidemic upon psychological health.

Proposed Sampling Method:

A quantitative sampling method will be used. The focus of quantitative research is on quantifying data collection and analysis. It employs a deductive method and focuses primarily on theory testing. The creation of mathematical 14 models, concepts, and hypotheses that are pertinent to the study problem is the aim of quantitative research. Because it creates a relationship between the observations and the mathematical interpretation of quantitative connections, the measuring technique is crucial in quantitative research.

Data Collection:

During the 2022-2023 academic year, 100-150 post-graduate and undergraduate students from Lovely Professional University participated in this cross-sectional online survey. The questionnaire was presented as a form on the online platform, and students could fill it out between September and January 2023. The evaluation gathered data on demographic trends, expertise, and resources of COVID-19 material, as well as on lifestyle modifications, challenges in education and in daily life, and measures of mental health (depression, anxiety, fear, financial problems, and stress).

Method of Research:

We conducted the research using a questionnaire. A questionnaire is a type of research platform that includes a set of questions or prompts designed to elicit information from a participant. In questionnaire forms, both closed-ended and open-ended questions are frequently used.

Long-form, open-ended inquiries allow for more detailed responses. A data collecting questionnaire may yield data that is qualitative or quantitative in nature. A survey always includes a questionnaire, regardless matter whether the questionnaire is presented in the form of the survey or not.

Tools Used:

Surveys will be conducted using questionnaires as the method of choice. A questionnaire is a type of study instrument that includes a series of questions about the respondents in order to collect data. These instruments, which can include both written and spoken questions, have an interview-style format. Statistical test methods and the SPSS application are used for statistical analysis purposes including hypothesis testing.

Statistical Test:**Test1(Independent Sample T-Test) Null and alternative hypothesis:**

H0 = Anxiety effects not people during covid-19 H1 = Anxiety effects people in covid-19

The screenshot shows the SPSS output for an Independent Sample T-Test. The main window displays the following data:

Group Statistics

DEPDET	N	Mean	Std. Deviation	Std. Error Mean
ANXIETY MALE	57	1.79	1.091	.143
FEMALE	73	1.67	1.106	.129

Independent Samples Test

	Levene's Test for Equality of Variances	T-test for Equality of Means						95% Confidence Interval of the Difference		
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
ANXIETY	Equal variances assumed	.001	.974	.611	128	.542	.118	.194	-.265	.501
	Equal variances not assumed			.612	121.710	.541	.118	.193	-.264	.500

Decision (basis p-value) - $p < 0.05$ (null hypothesis is rejected)

$p > 0.05$ (null hypothesis is accepted)

The equal variances t-test has a p-value of 0.542. because the p-value is greater than 0.05,

Means Null Hypothesis is accepted. It means that Anxiety effect people during covid-19.

Test 2(Independent Sample T-Test) Null and alternative hypothesis:

H0 = Stress effects not people during covid-19 H1 = Stress effects people in covid-19

T-Test

[DataSet1] C:\Users\SMRISAM\OneDrive\Desktop\Tanzahree\capstone\capstone updated[1].sav

Group Statistics

	GENDER	N	Mean	Std. Deviation	Std. Error Mean
STRESS	MALE	57	1.72	.840	.125
	FEMALE	73	1.75	1.100	.129

Independent Samples Test

		Levene's Test for Equality of Variances		t-Test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
STRESS	Equal variances assumed	1.467	.225	-.187	128	.852	-.034	.163	-.396	.329
	Equal variances not assumed			-.190	126.872	.849	-.034	.179	-.389	.321

Decision (basis p-value) - $p < 0.05$ (null hypothesis is rejected)

$p > 0.05$ (null hypothesis is accepted)

The equal variances t-test has a p-value of 0.852. because the p-value is greater than 0.05,

Means Null Hypothesis is rejected. It means that stress disorder does not cause mental illness due to the COVID-19.

Test 3 (Independent Sample T-Test) Null and alternative hypothesis:

H_0 = Anxiety effects not people during covid-19 H_1 = Anxiety effects people in covid-19

T-Test

[DataSet1] C:\Users\SMRISAM\OneDrive\Desktop\Tanzahree\capstone\capstone updated[1].sav

Group Statistics

	GENDER	N	Mean	Std. Deviation	Std. Error Mean
MENTAL_SUFFERING	MALE	57	1.56	.984	.128
	FEMALE	73	1.23	.736	.088

Independent Samples Test

		Levene's Test for Equality of Variances		t-Test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
MENTAL_SUFFERING	Equal variances assumed	9.601	.002	2.283	128	.029	.329	.149	.034	.623
	Equal variances not assumed			2.133	102.162	.035	.329	.154	.023	.635

Decision (basis p-value) - $p < 0.05$ (null hypothesis is rejected)

$p > 0.05$ (null hypothesis is accepted)

The equal variances t-test has a p-value of 0.029. because the p-value is greater than 0.05,

Means Null Hypothesis is rejected. It means that stress disorder does not cause mental illness as the result of the COVID-19.

4. Conclusion

The COVID-19 issue has had an impact on the students' mental health in some ways. Although students are adopting strategies to deal with the uncertain circumstances, such as planning their daily schedules, participating in skill development, and using social media more frequently,

The effects of uncertainty, depressive symptoms, disparities in male-female, urban-rural student demographics, and safety precautions can all be observed on a variety of parameters. Youth's growing sense of independence and realism calls into question some of society's interdependence. However, it is impossible to overstate the value of and role in handling crises played by family and friends. To assist pupils in coping with problems connected to mental health, whether now or in the event of a pandemic, strategies for gender-based interventions and age-appropriate coping mechanisms may be developed.

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