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## **IMPACT OF COVID-19 ON TEENAGERS TOWARDS ONLINE EDUCATION IN CHENNAI**

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### **ABSTRACT :**

Covid-19 has not disrupted well-being of the World's population but also affected the standard of education that the future teenager's prosperous life. As the quality education goes on decline because of this online culture. In my research I have found out that the students feel stressful to listen to the online class because it acts as media of distraction to them and as it is a learning platform, they are prone to use devices and it ends in distraction rather than studies. Learning through not only affects the quality of education but also has adverse effect on Mental health. Many people had major health issues such as obesity, cholesterol and digestion issues which is also one of the important components affecting the people of age between 14-20. This research is conducted in Chennai district with the targeted people of age 14- 19 years. In my research there are nearly 60 respondents among them 32 respondents are female and 28 respondents are male. Primary data is collected in form of questionnaire and secondary data are collected from journals, books and its results are presented in this research.

**KEYWORDS:** Quarantine, Pandemic, Communicable disease, Mental health.

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### **INTRODUCTION:**

The COVID-19 pandemic is anticipated to have a significant influence affects mental health, especially among youths and young adults, in addition to the virus's effects on physical health.

Although COVID-19 does not put the majority of adolescents at high risk for physical harm, a growing body of research indicates that a number of pandemic-related factors, such as fear of infection, social isolation, and financial hardship, can heighten stress reactions and be dangerous for adolescents' mental health. This is made worse by the fact that more teenagers and young Adults are looking for treatment for psychopathology and internalizing disorders than ever before. Due of the significance of peer interactions in adolescent's pandemic precautions may have unintended repercussions including school closures and a lack of social interaction may be very challenging for this population.

Early life stress (ELS) is a significant risk factor that may predispose people to unfavourable effects from widespread stressors like COVID-19. Examples of ELS include child abuse and neglect, domestic violence, and parental psychopathology. ELS is associated with increased risk for both internalizing and externalizing disorders in adolescence. Adolescents who have experienced ELS show increased threat reactivity, have trouble controlling their emotions, and frequently engage in maladaptive coping mechanisms (e.g., avoidance, substance use, risk-taking behaviours;), which may put them at greater risk for COVID-19's detrimental effects on their mental health than adolescents who haven't experienced ELS.

COVID-19 is anxiety-inducing for patients, non-patients, caregivers, and healthcare professionals. Rumours, a deluge of information in the media and online, adjustments to daily routines, changes in the economy, stigma, isolation, and guilt all contribute to increased anxiety. Patients and their relatives must deal with the final three factors due to its infectious potential, the lack of clarity surrounding the symptoms and prognosis, and the government-imposed restrictions that result in dysfunction in social, occupational, psychological, familial, economic, and other domains. Anxiety is typically characterized by anxiety, pondering, and a fear of contracting an illness or spreading it to others. It can also appear as uneasiness, jitteriness, trembling, palpitations, chest tightness, and breathing difficulties.

In severe circumstances, people may experience depression, which is marked by low mood, exhaustion, pessimism, poor sleep, and hunger as well as a sense of helplessness, guilt, and hopelessness. Work performance may also gradually decline over this period.

Older adults require extra care since they are more fragile. Anyone who feels distressed or exhibits the aforementioned signs and symptoms should speak with a psychologist or a psychiatrist. Being conscious, accepting, and understanding that one has psychological issues is a prerequisite for therapy. Anxiety can be managed by talking to a professional, living a regular, healthy lifestyle, eating a good food, abstaining from narcotics and cigarettes, and engaging in creative hobbies like singing, writing, painting, and dancing.

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a regular, healthy lifestyle, eating a good food, abstaining from narcotics and cigarettes, and engaging in creative hobbies like singing, writing, painting, and dancing. Just because of severe and long-lasting impact on mental health, which result in poor mental health outcomes as well as poor physical health outcomes, such as the emergence of cardiovascular diseases, COVID-19 research should place a focus on the psychological toll it has on adolescents.

Teenagers (defined as young individuals between the ages of 13 and 17) lack the physiological development and psychological capacities for resilience and coping that adults have, making the mental toll of this impact a higher struggle for them. When teenage mental health is in crisis, the challenges are considerably more severe for those with pre-existing mental health issues. These challenges may be brought on by isolation, feelings of uncertainty, a lack of daily routines, a lack of access to resources, or any of a number of other factors. This systematic review's objective is to evaluate how the COVID-19 epidemic has affected young people's mental health. The specific goals of this review are to: (1) identify the state of teenage mental health in Chennai locality; and (2) present high-quality research that will provide light on potential ways for addressing adolescents' poor mental health outcomes.

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### Review of Literature:

1. Elizabeth A. K. Jones et.al (2021) In his research, the author has clearly mentioned in this topic Impact of covid-19 on Mental Health in Adolescents: A Systematic Review in which he states that: This systematic analysis attempts to assess the impact of the covid-19 pandemic on adolescent mental health because there is insufficient evidence on the the psychological impact of the pandemic on teenage mental health.
2. This study complies with PRISMA requirements for systematic reviews of 16 quantitative studies with 40,076 people that were carried out between 2019 and 2021. Adolescents from different origins around the world have greater rates of stress, anxiety, and depression because the worldwide health crisis. Second, during the COVID-19 epidemic, adolescent use of alcohol and cannabis has increased.
3. Zsofia P Cohen et.al (2021) In his research the author has clearly mentioned in the topic the impact of covid-19 on adolescent mental health in that: The covid-19 pandemic has brought on far-reaching consequences for adolescents. People above 18 years of age with initial life tensions (ELS) may be at particular risk. We sought to examine how covid-19 impacted psychological functioning in a sample of healthy and ELS-exposed adolescents during the pandemic. On average, this study demonstrated large increases in depression and anxiety in adolescents who were healthy prior to the covid-19 pandemic, while ELS-exposed adolescents evidenced high but stable symptoms over time.
4. Kumar Saurabh & Shilpi Ranjan (2020) In his research the author has clearly mentioned in the topic Compliance and Psychological Impact of Quarantine in Children and Adolescents due to Covid-19 Pandemic that: To examine a cohort of infants and teenagers quarantined during covid-19 outbreak in India and to describe their understanding of, compliance with and the psychological impact of quarantine experience. The low compliance with quarantine requirements as seen in this study raises a serious concern about the effectiveness of quarantine as a preventive measure of disease transmission.
5. Compliance and mental health problems can be improved by providing adequate financial support and enhanced knowledge about pandemic planning.
6. Deepika Bahl, Shalini Bassi, and Monika Arora (2021) In his research the author has clearly mentioned in the topic the impact of covid-19 that Kids and Teenagers records the initial Proof in India that this brief gather and examines recent data from India about the effects of COVID-19 on children's health and wellbeing (5–9 years old) and adolescents' health and wellbeing (10–19 years old). By employing the "snowball retrieval" technique, the writers located peer-reviewed articles and reports that were pertinent to the topic under investigation. The synopsis reveals that children and teenagers are not only extremely susceptible to the pandemic's effects, but also that these consequences are complex and demand quick attention. The report draws attention to how females are disproportionately more vulnerable in the areas of mental health, education, child marriage, domestic workload, and domestic violence.
7. Deepak Nathiya et.al (2020) In his research the author has clearly mentioned in his topic Mental health problems and impact on youth minds during the COVID-19 outbreak that: The COVID-19 outbreak had impacted humankind with herculean force. Extensive Indian population which comprises youths are going through psychological resilience due to isolation, contact transmission, and economic crisis. Our finding suggested requirement psychological intervention targeting youth living in rural areas especially women through government schemes irrespective of educational status.

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### RESEARCH GAP:

The above research is done by authors tried to find a cohort of healthy and ELS-exposed adolescents, determine the effects of COVID-19 on psychological functioning during the pandemic. My research emphasis mainly on studying capacity and good mental health of teenagers who are studying in different institution. (School/College) This research paper concentrates on students who are from the age group of 16-20 years and are restricted to the area of Chennai.

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### STATEMENT OF PROBLEMS:

**Covid-19** has a major impact health matter, but education had a major impact of it because as the students are unable to study in offline mode due to communicable disease (Covid-19).

Education is one of the unavoidable and important for a human being to conduct himself his own day to day activities such as mathematics for simple calculation and other subjects such as science, social (Historical aspects) these are the basics which have to know to conduct a good social life as these are taught in online medium but, is that these concepts are really learnt by these teenagers which is highly doubtful and when a person of a country doesn't know his own countries history it's a big shame for that country and education system prevailing in that country.

### OBJECTIVES:

1. To check that the online medium of education is satisfying its purpose.
2. To analyse the understanding level of students in their academics.
3. To interpret the mental stress created among the students due to online teaching.

### METHODOLOGY:

Primary data collected from Teenagers of age between 14-20 via online survey, is the only source of information used in the study.

It only draws attention to those precise data collected from both male and female who are within the age of 14-20. The questionnaire method was used to collect the data with 21 questions of which 3 of socio-economic questions and rest of the questions of yes or no questions type.

These questions targeting the people of age group 14-20 and a sum of 50 responses with female 32 respondents and male 28 respondents and were collected and interpreted in under headings and tabulations. So, I have used google forms as a tool to collect the responses from respondents for the primary data.

**Table -1**  
**Socio-economic table**

Age Intervals:	No. of Respondents	Percentage %
Below 14	5	8
15-20 years	55	92
Total	60	100
Gender		
Male	28	47
Female	32	53
Total	60	100
Institution		
School	5	8
College	55	92
Total	60	100

Source: Primary data

Interpretation: Here in my research my respondents age are below 14 years and between 15-20 years and thus, there are 5 respondents from below 14 years and about 55 respondents is between 15-20 years. Here about 28 male and 32 female has responded to my questionnaire. Among the 60 respondent 55 people are from college and 5 people from school.

**Table-2**  
**Public Opinion Regarding Online Education**

Statement	Agree		May be		Disagree		Total	
	NOR	%	NOR	%	NOR	%	NOR	%
Are the household members being in education.	40	68	13	18	7	13	60	100
Is this stressful?	28	48	22	37	10	17	60	100
you feel depressed to listen in virtual mode.	25	43	25	43	10	13	60	100
build any hobbies during the years of pandemic period	29	48	15	25	16	27	60	100
you feel any health-related issue	18	30	12	20	30	50	60	100
you able to concentrate on studies	13	22	27	45	20	33	60	100
you feel that if you needed non-material help (Motivation from family, friends)	28	47	12	20	20	33	60	100
Have you been feeling lonely	27	45	19	32	14	23	60	100
Your time spent on watching TV or Internet has changed.	37	61	19	32	4	7	60	100

Do you Hospitalised due to Covid-19	12	20	10	17	38	63	60	100
Are you thought of exiting your life due to depression.	14	23	17	28	29	48	60	100
Did you get any consultancy or help from the helpline of Government	13	22	36	60	11	18	60	100
Would you able to do your exercise or meditation daily	27	45	17	28	16	27	60	100

Source: Primary data

Interpretation: From the Yes or No question drawn we can come to conclusion that the quarantine period has made people to feel lonely because during the self-quarantine period not even parents can see their own child and if she/he feels mentally ill it cannot be founded. It leads to depression and other problems. As the phone and other network are founded to connect people from long distances, but the situation here it makes the connection long distances even though they live in the same roof. Thus, addiction to mobile phone especially school going students suffers a lot because they don't know to handle it and get addicted to it.

**Table – 3**  
**How were your district representatives appointed for Covid -19 help.**

Good		Bad		Not at a good extend		Total	
NOR	%	NOR	%	NOR	%	NOR	%
37	62	5	8	18	30	60	100

Source: Primary data

Interpretation: Here in this tabulation, we could find that the whether the respondents could get the necessary help from the district authorities. Thus, the respondents said good nearly 37 people and 5 said that it is bad and rest 18 people has said not at a good extend.

**Table -4**  
**How was the environment of the hospital which you are in Quarantine.**

Good		Neutral		Bad		Total	
NOR	%	NOR	%	NOR	%	NOR	%
18	30	29	48	13	22	60	100

Sources: Primary data

Interpretation: In this tabulation we got the information whether the hospital environment is good or bad or neutral. Among which the respondents are replied good by 18 people, replied bad by 13 people and replied neutral by 29 people. Thus, from this we can get into conclusion that the hospital was in normal condition.

**Table – 5**  
**How was your diet during the Covid -19 time.**

Good		Neutral		Bad		Total	
NOR	%	NOR	%	NOR	%	NOR	%
34	57	15	25	11	18	60	100

Sources: Primary data

Interpretation: In this tabulation we got the information relating to diet during the Covid-19 time the respondent has answered good about 34 people and bad by 11 people and neutral by 15 people. Thus, we can get into a conclusion that the respondent's diet was good during pandemic period.

## FINDINGS AND SUGGESTION

- Online class are stressful to the students due to the online media barriers.
- During online class the majority of the students are diverted to social media.
- Lack of Knowledge of Modern technology among teachers are misguided by the students and they try to waste the time.
- Seeing and listening to the Online classes for hours leads to many physical and mental related issues.
- Students those who indulge a lot of hours in online platform are found aggressive and arrogant always.
- Phone in the hands of children of age below 14 is like having a knife at their hands they can use for positive purpose as well negative purpose. Thus, proper attention is required from parental side.
- In my research I have found out that the students feel stressful to listen to the online class because it acts as media of distraction to them and as it is a learning platform, they are prone to use devices and it ends in distraction rather than studies.

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**LIMITATION:**

There are some limitations in my study they are the research is done with a specific geographical area that is Chennai. Thus, sample collected is within Chennai locality. The research is done on the targeted people that students below 14 and students 15-20. Thus, this research doesn't talk about the illness that the people at the age 21 or more than that. This is a simple sampling method.

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**CONCLUSION:**

Since the COVID-19 pandemic's recent occurrence, there is very little study on its psychological effects and none that looks at the virus' potential effects and associated limits on adolescent mental health. Thus, by comparing pre-pandemic to intra-pandemic levels and showing longitudinal reductions in teenage mental health, particularly among females, this research adds to the body of material already in existence. By identifying the COVID-19-related characteristics that either increased or reduced the likelihood that adolescents would have mental health difficulties. throughout the pandemic, the current study makes an additional contribution.

In particular, anxiety about the COVID-19, challenges with online learning, and an increase in family conflict were linked to greater psychological maladjustment. According to the findings, adolescents' main worries about the COVID-19 crisis were the disruption to their social connections and activities rather than being sick or receiving the virus, which is in line with theory that emphasizes the value of peers throughout the adolescent period.

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