



# PSYCHOLOGICAL EFFECTS OF COVID -19 TO THE STUDENTS OF HIGHER EDUCATION

**Dr. Yeshwant Patil**

Principal APWS College, Kampti, Nagpur

**Abstract:** The outbreak of COVID- 19 has created a social and psychological problem including mental health that has had a deep impact on students of Higher education. The all universities (993 universities In India ,and colleges ( 39931 Colleges) with other higher education Institutions decided to temporary suspended the classes , conferences, seminars. Examination and sports activities due to badly hit of COVID-19.The closure of university and colleges with institution of higher education may create the situation of frustration, stressors, worry and fear towards the students.The Covid-19 outbreak brought not only the risk of death from the viral infection but also unbearable psychological pressure to students in higher education. The entrance examination conducted by the regularity body universities , colleges and institute of Higher education suspended or postponed due to spreading of coronavirus -2019, this attributed to anxiety, fear and other psychological impact of the students.

Key words: Students, Higher education, Stress, Anxiety, Mental Health, Covid-19

## INTRODUCTION

The COVID-19 pandemic has affected educational systems worldwide, leading to the near-total closures of schools, early childhood education and care (ECEC) services, universities and colleges. The outbreak of coronavirus disease-2019 (COVID- 19) has created educational problems especially in Higher education sector. The covid-19 is deeply affected on students of higher education and day to day life. The outbreak of Covid-19 has affected educational systems globally, leading to the near-total closures of universities and colleges A large numbers of literature are available in our society on the closure of academic institution to control and prevent the spread of Covid -19 to the human society by breaking the chains of Transmission (Kawano & Kakehashi 2012 Lucaet.al 2018, Wheeler, Erhart & Jehn 2010, Sahu , 2020). The covid-19 globally hit the people, speedy enhancing the infected people has created a fear and anxiety worldwide. The rapidly spreading of newly detected Covid-19 caused a severe level of academic stress among the varsity students. The academic stress may lead to adversely impact on learning, cognitive ability and mental health of students (Al-Rabiaahab et.al.2020, Zhai & Du 2020, Sahu P (2020)). The outbreak of COVID-19 may have a deeply effect on the careers of current of students. As of 12 January 2021, approximately 825 million learners are currently affected due to school closures in responsee to the pandemic. According to UNICEF monitoring, 23 countries are currently implementing nationwide closures and 40 are implementing local closures, impacting about 47 percent of the world's student population. 112 countries' schools are currently open.

## PSYCHOLOGICAL IMPACT OF COVID-19 ON STUDENTS

A major adverse consequence of the COVID-19 pandemic is likely to be increased social isolation and loneliness (The Academy of Medical Sciences,2020) which are strongly associated with fear, anxiety, worry, depression, stress, self-harm, frustration and suicide attempts across the lifespan. Several countries in the global including India has announced the closure of Malls, social function, public place , Cinema Halls, sports activities , gym activities industry, museums, Railway, public transport, swimming pools, schools, college , universities and other higher education institute to fight against terrible coronavirus -2019 or Covid-119 Over 90.00 % of enrolled learners are now out of education globally .(UNESCO 2020) This is surprising given that mass tragedies, particularly ones that involve infectious diseases, often trigger waves of heightened fear and anxiety that are known to cause massive disruptions to the behaviour and psychological well-being of many in the population (Balaratnasingam & Janca, 2006). Meiet.al.( 2020) found that public health emergencies can have many psychological effects on college students, which can be expressed as anxiety, fear, and worry, among others. The anther study conducted by the Cao, et.al.(2020) on evaluation of the psychological condition of college students during an Covid-19 , they found that , 24.90% of college students reported anxiety due to fear from COVID-19 epidemic. Of these students, 0.9.00%Reported severe anxiety, and 21.3.00 % reported mild anxiety. The study also revealed that that male and female students reported similar stresses and negative emotions as a result of the Novel coronavirus. Cao, et.al.(2020) also indicated that, students' anxiety regarding the Covid-19 was associated with source of parental income , place of residence,living with parents and a



relative or an acquaintance was infected with Coronavirus- 2019 epidemic . The study conducted by the Zhai and Du (2020), indicates that students fears due to infection and transmission of Coronavirus-2019 to their family members when they return to the native house. The study conducted by the Pan et.al.(2020), found that , students may be worried about their family members at increased the risk for infection from COVID-19.The Outbreak of covid-19 has been creating problems in the welfare of human beings globally, and type of situations generates worry, fear and other psychological consequences (Liu et.al.2020), such as anxiety, depression, substance abuse, to insomnia and behavioural changes etc. several universities across the global including India decided to suspend class room teaching and evacuate students in responding to the intensifying concerns surrounding COVID-19. This type of act may lead to adverse psychological problems among the students of higher education. Student's distress contributed by the uncertainty and abrupt disruption of the semester in addition to the anxiety caused by institutional closure. The COVID-19 pandemic has disrupted the day to day life of every one specially the, daily wages workers, labours and students. The government and the university authority either postponed or cancelled all campus events such as seminars, Examinations , Classroom teaching workshops, conferences, symposia sports events and other academic and non-academic activities. [Gewin, 2020, Sahu , 2020]. The coronavirus-2019( Covid-19) may also increase the risk of mental health for our society. The uncertainty, isolation , quarantine the anxiety, , depression, the fear of becoming ill , disturbed normal day to day life , the difficulties to established an social relation , and in several cases the disruption to academic life could have a profound impact on mental health (**Young Minds**) .

### CONCLUSIONS

As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions.The outbreak of coronavirus disease-2019 (COVID- 19) has created a health crisis worldwide that has had a deeply affected on students' mental health and day to day life. The ongoing Novel coronavirus (COVID-19) is impacting the lives of students in several ways and is associated with social and psychological problems. The COVID-19 outbreak is a serious health crisis and associated with adverse mental health consequences and poor quality of life among students. The findings of research will create the information hub to share resources, best practices, and reflection of covid-19 and its impact on the mental health and well-being of all of us around the global.

### REFERENCES

1. Balaratnasingam, S., & Janca, A. (2006). Mass hysteria revisited. *Current Opinion in Psychiatry*, 19, 171–174. [Crossref], [PubMed], [Web of Science @], [Google Scholar]
2. COVID-19 Strategy Update, 14 April 2020. World Health Organization. <https://www.who.int/publications-detail/covid-19-strategy-update---14-april-2020>.
3. Gewin V: Five tips for moving teaching online as COVID-19 takes hold (<https://dx.doi.org/10.1038/d41586-020-00896-7>). *Nature*. 2020, [Epub ahead of print]:10.1038/d41586-020-00896-7 (<https://dx.doi.org/10.1038/d41586-020-00896-7>).
4. Golberstein E, Wen H, & Miller B.F (2020) Coronavirus Disease 2019 (COVID-19) and Mental Health for Children and Adolescents | Adolescent Medicine | JAMA Pediatr .1-7 . Published online April 14, 2020. doi:10.1001/jamapediatrics.2020.1456.Reitrated from <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2764730>.
5. Kawano S, Kakehashi M: Substantial impact of school closure on the transmission dynamics during the pandemic flu H1N1-2009 in Oita, Japan (<https://dx.doi.org/10.1371/journal.pone.0144839>). *PLoS One*. 2015, 10:e0144839 10.1371/journal.pone.0144839 (<https://dx.doi.org/10.1371/journal.pone.0144839>).
6. *Lancet Child Adolesc Health* 2020 Published Online April 14, 2020 [https://doi.org/10.1016/S2352-4642\(20\)30109-7](https://doi.org/10.1016/S2352-4642(20)30109-7)
7. Liu N., Zhang F., Wei C., Jia Y., Shang Z., Sun L., Wu L., Sun Z., Zhou Y., Wang Y., Liu W. Prevalence and predictors of PTSS during COVID-19 outbreak in China hardest-hit areas: Gender differences matter. *Psychiatry Res*. 2020 doi:10.1016/j.psychres.2020.112921.
8. Luca GD, Kerckhove KV, Coletti P, Poletto C, Bossuyt N, Hens N, Colizza V: The impact of regular school closure on seasonal influenza epidemics: a data-driven spatial transmission model for Belgium (<https://dx.doi.org/10.1186/s12879-017-2934-3>).
9. Pan X., Chen D., Xia Y., Wu X., Li T., Ou X., Zhou L., Liu J. (2020) Asymptomatic cases in a family. *Asymptomatic Cases in a Family Cluster With SARS-CoV-2 Infection. Lancet Infect Dis* 2020 Apr;20(4):410-411.doi: 10.1016/S1473-3099(20)30114-6. Epub 2020 Feb 19.
10. Sahu P (2020) Closure of Universities Due to Coronavirus Disease 2019 (COVID-19): Impact on Education and Mental Health of Students and Academic Staff. *Cureus* 12(4): e7541. doi:10.7759/cureus.7541.
11. The Academy of Medical Sciences. 2020. [http://www.acmedsci.ac.uk/COVID mental health surveys](http://www.acmedsci.ac.uk/COVID%20mental%20health%20surveys) (accessed April 15, 2020).
12. UNO (2020) .Policy brief: the impact of covid-19 on older persons. Reiterated from <https://unsdg.un.org/sites/default/files/2020-05/Policy-Brief-The-Impact-of-COVID-19-on-Older-Persons.pdf>
13. Wheeler CC, Erhart LM, Jehn ML: Effect of school closure on the incidence of influenza among school-age children in Arizona . *Public Health Rep*. 2010, 125:851-859. 10.1177/003335491012500612 (<https://dx.doi.org/10.1177/003335491012500612>).
14. YoungMinds (2020).YoungMinds surveyed 2,111 young people aged 25 or under from Friday 20th March (the day that schools closed to most children) to Wednesday 25th March. <https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs>.
15. Zhai Y, Du X (2020). Mental health care for international Chinese students affected by the COVID-19 outbreak ([https://dx.doi.org/10.1016/S2215-0366\(20\)30089-4](https://dx.doi.org/10.1016/S2215-0366(20)30089-4)). *Lancet Psychiatry*., 7:e22. 10.1016/S2215-0366(20)30089-4 ([https://dx.doi.org/10.1016/S2215-0366\(20\)30089-4](https://dx.doi.org/10.1016/S2215-0366(20)30089-4))