



# ‘A Study of effect of outbreak of covid-19 on B.ed. student’s Mental and Emotional Health

Prof.Dr. Ranjana Rajesh Sonawane

k.c.e.s.’s college of Ed. & ph.Ed.Jalgaon.

M.A.,M.Ed.,M.A.(Commu.),DSM,M.Phil.,Ph.D.,SET.

## Introduction

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern. WHO stated that there is a high risk of COVID-19 spreading to other countries around the world. In March 2020, WHO made the assessment that COVID-19 can be characterized as a pandemic. WHO and public health authorities around the world are acting to contain the COVID-19 outbreak. However, this time of crisis is generating stress throughout the population. The document also has been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support Mental and Emotional health well-being in different target groups during the outbreak.

As we all see that WHO’s key message is that Covid is likely to have major impacts on mental and emotional health. And into the future we need to start thinking about that immediately, the research programme could not only provide insights into how to tackle outbreaks and ramifications of Covid-19 in the future, but could help in the short-term – for example in finding the best way to communicate public Physical, Mental and Emotional health measures and change behaviors positively. Small scale research is also very important in this outbreak Covid-19.

Prof. Rory from the University of Glasgow said that, “it is too early to say for certain what the mental health and emotional health impact of Covid-19 will be, there are lessons to learn from the past. Rapid and rigorous research into the impact of Covid-19 on mental health and emotional health is needed to limit the impact of the pandemic. Experts say newly conducted polls and emerging studies into Covid-19 together with lessons from past outbreaks suggest that the pandemic could have profound and potentially long-term impacts on emotional health, mental health as well as physical health. It is now crucial to begin a thorough and coordinated programme of research to delve into the impact of the coronavirus itself, as well as policies like lockdown..Prof. Ed Bullmore, head of the department of psychiatry at the University of Cambridge and a co-author of the new report, said research conducted so far has been small-scale and fragmented.

This time can be difficult times for all of us as we hear about spared of Covid-19 from all over the world, through television, social media, newspaper, family and friends and other sources. The most common emotion faced by all is fear. Now the corona virus crisis has clawed its way in to almost every continent. The ongoing Covid-19 pandemic has resulted in many quarantine and social isolation measures designed to keep individuals physically distanced from others for the foreseeable future. Although these initiatives are necessary to prevent the spread of the novel corona virus, they may be causing widespread mental and emotional health effects, including depression and loneliness among young students. If the students has struggled with mental and emotional health there are reasons we can pinpoint as to why

this might be acutely challenging for them right now. before we get to solutions. it's important to think about ways to be positive and to pause and recognize that this is a really, really difficult time. The outbreak of corona virus disease 2019 (Covid-19) may be stressful for all of us. The present research study finds out the effect of outbreak of corona virus-2019 on B.Ed. student Mental and Emotional health.

## Objective of the study

- 1.To Study of effect of outbreak of covid-19 on B.ed. student's Emotional health
2. To Study of effect of outbreak of covid-19 on B.ed. student's Mental Health
3. To Study of effect of outbreak of covid-19 on B.ed. student's Emotional and Mental Health

## Method of the study

The Researcher developed a Likert type scale (opinion) to collect a number of statements about subject.25 statements are formed in scale. (John, W. Best, James V. Khan (2006). Research in Education,10<sup>th</sup> edition, pg.330). Statement was related to the emotional health as well as mental health. out of many factors of mental & emotional health some important factors are used for develop scale, which was related during the period of outbreak covid-19. scale developed in google form. Random sampling technique use for the study. Survey method was selected for the study. The data collected from b.ed. students. 104 students gave their response online.

## Analysis and Interpretation -The findings reveal below.

Table No.1- The effect of outbreak of Covid-19 on B,ed. students Emotional Health shown in the following table:

Item No.	Mean	S.D.	% of C.A. Response	% of S.W..A. Response	% of Undecided Response	% of S.W.D. Response	% of C. D. Response
1	4.48	2.11	62	32	00	5	1
2	4.75	2.17	82.5	13.6	1.9	1	1
3	4.61	2.14	74.8	19.4	1.9	1.9	2
4	4.38	2.09	58.3	31.1	5.1	1	4.5
9	4.28	2.06	55.3	29	7.2	7	1.4
10	3.49	1.86	24.3	39.8	9.7	13.6	12.6
21	4.28	2.06	61.2	20.4	6.6	8.7	3.1
22	3.70	1.92	36.9	30.1	8.7	15.5	8.7
23	3.79	1.94	34	41.7	3.9	10.7	9.7
24	3.19	1.78	30	25.2	16.5	12.6	15.5

In The above table researcher has analyzed effect of outbreak of covid-19 on B.ed. students emotional health. The table no.1 shown that Majority of the students completely agreed that their emotional health is affected in this outbreak covid -19 situation. They feel fear and worry about their health and about their loved one also. They face panic attack & feel stress and try to coping their emotions and it is in rang of percentage 25% to 86%. Somewhat agree is 25% to 83% .and the rang of percentage of 0% to 16% student's undecided their opine or attitude about effect on their emotional health in this outbreak covid -19 situation. anxiety, feel very tensed and feel anger grief about these emotional factors their response is undecided. Very few of them opine that, somewhat disagree about the effect of their emotions like anxiety, feel very tensed and feel anger grief, able to intellectual work and loneliness. very few of them completed disagree about the effect of their emotions like anxiety, very tensed and anger grief, able to do intellectual work successfully and loneliness, it is in the rang of the percentage is 1% to 15%. The mean of the Emotional health of the students rang of 3.19 to 4.75 & SD is 1.78 to 2.17. interpretation is that group are homogeneous about the emotional heath in this outbreak covid -19 situation.

## Analysis and Interpretation

Table No-2- The effect of outbreak of Covid-19 on B.ed. students Mental Health shown in the following table:

Item No.	Mean	S.D.	% of C.A. Response	% of S.W..A. Response	% of Undecided Response	% of S.W.D. Response	% of C. D. Response
5	3.94	1.98	40.8	37.9	3.8	9.7	7.8
6	3.85	1.96	40.8	34	5.8	8.7	10.7
7	3.79	1.94	36.9	37.9	6.3	6.3	12.6
8	4.62	2.14	77.7	16.5	1	00	4.8
11	3.08	1.75	21.4	28.2	12.6	13.6	24.3
13	3.09	1.75	23.4	29.1	13.6	10.7	23.2
18	3.61	1.9	35.9	28.2	10.7	11.7	13.6
19	3.51	1.87	30	33	11.7	8.7	16.5
20	3.66	1.91	39.8	27.2	6.8	12.6	13.6
25	5.34	2.31	25.5	21.4	8.7	20.4	24

In The above table researcher has analyzed effect of outbreak of covid-19 on B.ed. students mental health. The table no.2 shown that Majority of the students completely agreed that their mental health is affected in this outbreak of covid -19 situation. They can't concentrate in their study and their daily work. They couldn't enjoy their daily work and feel helpless, faced by unexplained headaches, body pain, nervousness, and disturb because of social distancing, daily morning they feel sadness when think about outbreak of covid -19.and it is in rang of percentage 22% to 78%. Somewhat agree responses is 22% to 38%. and the rang of percentage of 1% to 14% student's undecided their opine or attitude about effect on their mental health in this outbreak covid -19 situation. Very few of them opine that, somewhat disagree about the effect of their mental health in this outbreak covid -19 situation.it is in rang of percentage is 0% to 21%. very few of them completed disagree about the effect of their mental health in this outbreak covid -19 situation.it is in the rang of the percentage is 4.8% to 24%. and the mean of the mental health of the students rang of 3.09 to 4.62 & SD is 1.75 to 2.31. interpretation is that the group is homogeneous about the mental health in this outbreak covid -19 situation.

## Analysis and Interpretation

Table No-3- The effect of outbreak of Covid-19 on B.ed. Students Mental Health and Emotional health shown in the following table:

Item No.	Mean	S.D.	% of C.A. Response	% of S.W..A. Response	% of Undecided Response	% of S.W.D. Response	% of C. D. Response
12	3.62	1.9	28.2	41.7	8.7	6.8	14.6
14	4.35	2.08	54.4	35	3.2	5.6	1.8
15	4.26	2.06	58.3	24.3	7.4	5	5.01
16	3.39	1.84	29.1	33	4.9	14.6	18.4
17	3.70	1.92	30.1	40.8	6.7	14.6	7.8

In The above table researcher has analyzed effect of outbreak of covid-19 on B.ed. students mental and emotional health factors together. The table no.3 shown that Majority of the students completely agreed that their emotional and mental health is affected in this outbreak covid -19 situation. And rang of percentage 30.1% to 58.3%. Somewhat agree is 24.3% to 41.7% .and the rang of percentage of 3.2% to 8.7% student's undecided their opine or attitude about effect on their emotional and mental health in this outbreak covid -19 situation. Very few of them opine that, somewhat disagree about the effect of their emotional and mental health it is in 5% to 14%. very few of them completed disagree about the effect of their emotional and mental health. it is in the rang of the percentage is 1.8% to 18.4%. The mean of the Emotional and mental health of the students rang of 3.39 to 4.35 & SD is 1.9 to 2.8. interpretation is that, group is homogeneous about the emotional and mental health in this outbreak covid -19 situation.

## Conclusion

The surveys flagged widespread concerns among students about the impact of the coronavirus on mental health and emotional health, increases in anxiety and other problems. It is urgently needed to understand the effect of Covid-19 on the emotional and mental health.

The researcher found that the students were already concerned about coronavirus and mental health, and emotional health and were worried about the effect of social isolation or social distancing on well-being, including increased anxiety, stress and depression.

## References:

JohnW.Best,James v.Kahn(2006).Resrarch in education,Tenth edition,PHI learning private limited.

Saxena,N.R.,Mishra,B.K.,Mohanty,R.K.(2001).Fundamental of educational research,R.Lall book Depot.Meert.

<https://edition.cnn.com/2020/4/15>

<https://www.frontiersing.org>

<https://www.cdc.gov>

<https://healio.com>

[www.theguardian.com](http://www.theguardian.com)

<https://www.apa.org>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.epi-win.com>

<https://interagencystandingcommittee.org>

WHO. Building back better: sustainable mental health care after emergencies. WHO: Geneva, 2013.

WHO, CBM, World Vision International & UNICEF. Psychological first aid during Ebola virus disease outbreaks. WHO: Geneva: 2013.