



# Studies on impact of Covid 19 lockdown on psychological status of Students of Madhya Pradesh

Dr. Priyanka Sinha

Assistant Professor Department of Zoology St.Aloysious College Autonomous Jabalpur (Madhya Pradesh)

## Abstract

**Psychological** status of the students is the topic of interest through the world. The whole performance of the student depends on his mental health. Till date there is no proven treatment to manage the Novel corona virus disease. As the rate of spread is increasing day by day, lockdown is the only option available to slowdown the rate of spreading the infection. The examinations were postponed due to the lockdown effect and the actual date of exam is awaited. In this context many students were undergoing mental stress and there is a strong need to consider their mental health status. From this study we found that the effect of lockdown very high on students mantle health . But there are less impact on those students who regular associated with online classes. The internet facility is very big problem in villages and few places. Students are unable to join online classes and their stress and depression level is very high.

**Key words –Students ,psychological ,Madhya Pradesh**

## Introduction

**Psychological** issues are the leading impediment to academic success. Mental illness can affect students' motivation, concentration, and social interactions—crucial factors for students to succeed in higher education [1]. The 2019 Annual Report of the Center for Collegiate Mental Health [2] reported that anxiety continues to be the most common problem (62.7% of 82,685 respondents) among students who completed the Counseling Center Assessment of Psychological Symptoms, with clinicians also reporting that anxiety continues to be the most common diagnosis of the students. In 2018, slightly over 50% of students reported anxiety as the main reason for seeking services. Despite the increasing need for mental health care services at postsecondary institutions, alarmingly, only a small portion of students committing suicide contact their

institution counseling centers [3], perhaps due to the stigma associated with mental health. Such negative stigma surrounding mental health diagnosis and care has been found to correlate with a reduction in adherence to treatment and even early termination of treatment [4].

The COVID-19 pandemic has brought into focus the mental health of various affected populations. It is known that the prevalence of epidemics accentuates or creates new stressors including fear and worry for oneself or loved ones, constraints on physical movement and social activities due to quarantine, and sudden and radical lifestyle changes. A recent review of virus outbreaks and pandemics documented stressors such as infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma [5]. Much of the current literature on psychological impacts of COVID-19 has emerged from the earliest hot spots in China. Although several studies have assessed mental health issues during epidemics, most have focused on health workers, patients, children, and the general population [6,7]. For example, a recent poll by The Kaiser Family Foundation showed that 47% of those sheltering in place reported negative mental health effects resulting from worry or stress related to COVID-19 [8]. Nelson et al [9] have found elevated levels of anxiety and depressive symptoms among general population samples in North America and Europe. However, with the exception of a few studies, notably from China [10-12], there is sparse evidence of the psychological or mental health effects of the current pandemic on college students, who are known to be a vulnerable population [13]. Although the findings from these studies thus far converge on the uptick of mental health issues among college students, the contributing factors may not necessarily be generalizable to populations in other countries. As highlighted in multiple recent correspondences, there is an urgent need to assess effects of the current pandemic on the mental health and well-being of college students [14-17].

The aim of this study is to identify major stressors associated with the COVID-19 pandemic and to understand their effects on college students' mental health. This paper documents the findings from online surveys conducted in Madhya Pradesh

## Methods

---

### Study Design

A Google form was designed with the purpose of assessing the mental health status of college students both quantitatively and qualitatively of Madhya Pradesh with all streams and age between 18-30 years. In addition, the survey aimed to capture the ways that students have been coping with the stress associated with the pandemic situation. Feedback on the severity of COVID-19's impact on these aspects were elicited using a 4-point scale: Involvement in studies, Confidence level, Optimistic about the future, depression and Changes in biological clock. Participants were asked to elaborate on each response. The COVID-19-related findings are presented in this paper.

## Result and Discussion

After survey of 310 participants, (56 %) indicated that their stress and anxiety had increased due to the COVID-19 pandemic lockdown, whereas 39 (20%) indicated it remained the same and (15%) mentioned that the stress and anxiety had actually decreased. Among those who perceived increased stress and anxiety, only (15%) used mental health counseling services. A vast majority of the participants presumed that other students were experiencing similar stress and anxiety because of COVID-19. Participants indicated negative impacts (either mild, moderate, or severe) of COVID-19 on academic-, health-, and lifestyle-related outcomes. The qualitative analysis yielded two to five themes for each category of outcomes. The chronic health conditions category was excluded from the qualitative analysis due to insufficient qualitative responses presents the description and frequency of the themes and select participant quotes. From this study we found that the effect of lockdown very high on students mental health. But there are less impact on those students who regular associated with online classes. The internet facility is very big problem in villages and few places. Students are unable to join online classes and their stress and depression level is very high.

## References

1. Unger K. *Handbook on Supported Education: Providing Services for Students With Psychiatric Disabilities*. Charleston, SC: BookSurge Publishing; 2007. [Google Scholar]
2. *Center for Collegiate Mental Health*. University Park, PA: Penn State University; 2020. [2020-05-11]. 2019 annual report. [https://ccmh.memberclicks.net/assets/docs/2019-CCMH-Annual-Report\\_3.17.20.pdf](https://ccmh.memberclicks.net/assets/docs/2019-CCMH-Annual-Report_3.17.20.pdf). [Google Scholar]
3. Shuchman M. Falling through the cracks — Virginia Tech and the restructuring of college mental health services. *N Engl J Med*. 2007 Jul 12;357(2):105–110. doi: 10.1056/nejmp078096. [PubMed] [CrossRef] [Google Scholar]
4. Eisenberg D, Downs MF, Golberstein E, Zivin K. Stigma and help seeking for mental health among college students. *Med Care Res Rev*. 2009 Oct;66(5):522–41. doi: 10.1177/1077558709335173. [PubMed] [CrossRef] [Google Scholar]
5. Brooks SK, Webster RK, Smith LE, Woodland L, Wessely S, Greenberg N, Rubin GJ. The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *Lancet*. 2020 Mar 14;395(10227):912–920. doi: 10.1016/S0140-6736(20)30460-8. [PubMed] [CrossRef] [Google Scholar]
8. <http://europepmc.org/abstract/MED/32112714>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]
6. Lai J, Ma S, Wang Y, Cai Z, Hu J, Wei N, Wu J, Du H, Chen T, Li R, Tan H, Kang L, Yao L, Huang M, Wang H, Wang G, Liu Z, Hu S. Factors associated with mental health outcomes among health care workers exposed to coronavirus disease 2019. *JAMA Netw Open*. 2020 Mar 02;3(3):e203976.doi:10.1001/jamanetworkopen.2020.3976. <https://jamanetwork.com/journals/jamanetwor>

kopen/fullarticle/10.1001/jamanetworkopen.2020.3976. [PMCfree article] [PubMed] [CrossRef] [Google Scholar]

7. Xie X, Xue Q, Zhou Y, Zhu K, Liu Q, Zhang J, Song R. Mental health status among children in home confinement during the coronavirus disease 2019 outbreak in Hubei Province, China. *JAMA Pediatr.* 2020 Apr 24;:e201619. doi:

10.1001/jamapediatrics.2020.1619. <http://europepmc.org/abstract/MED/32329784>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

8. Kirzinger A, Kearney A, Hamel L, Brodie M. KFF health tracking poll - early April 2020: the impact Of coronavirus on life In America. *Kaiser Family Foundation.* 2020. Apr 02, [2020-05-10]. <https://www.kff.org/health-reform/report/kff-health-tracking-poll-early-april-2020/>

9. Nelson B, Pettitt A, Flannery J, Allen N. Rapid assessment of psychological and epidemiological correlates of COVID-19 concern, financial strain, and health-related behavior change in a large online sample. *Int J Methods in Psychiatr Res.* 2020 Apr 13;21(3):169–84. doi:

10.31234/osf.io/jftze. [CrossRef] [Google Scholar]

10. Cao W, Fang Z, Hou G, Han M, Xu X, Dong J, Zheng J. The psychological impact of the COVID-19 epidemic on college students in China. *Psychiatry Res.* 2020 May;287:112934. doi:

10.1016/j.psychres.2020.112934. <http://europepmc.org/abstract/MED/32229390>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

11. Liu X, Liu J, Zhong X. Psychological state of college students during COVID-19 epidemic. *SSRN J.* 2020 Mar 24;:A. doi: 10.2139/ssrn.3552814. [CrossRef] [Google Scholar]

12. Wang C, Zhao H. The impact of COVID-19 on anxiety in Chinese university students. *Front Psychol.* 2020;11:1168. doi: 10.3389/fpsyg.2020.01168. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

13. Bruffaerts R, Mortier P, Kiekens G, Auerbach RP, Cuijpers P, Demyttenaere K, Green JG, Nock MK, Kessler RC. Mental health problems in college freshmen: prevalence and academic functioning. *J Affect Disord.* 2018 Jan 01;225:97–103. doi:

10.1016/j.jad.2017.07.044. <http://europepmc.org/abstract/MED/28802728>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

14. Zhai Y, Du X. Addressing collegiate mental health amid COVID-19 pandemic. *Psychiatry Res.* 2020Jun;288:113003. doi:

10.1016/j.psychres.2020.113003. <http://europepmc.org/abstract/MED/32315885>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

15. Zhai Y, Du X. Mental health care for international Chinese students affected by the COVID-19 outbreak. *Lancet Psychiatry.* 2020 Apr;7(4):e22. doi: 10.1016/S2215-0366(20)30089-

4. <http://europepmc.org/abstract/MED/32199511>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

16. de Oliveira Araújo FJ, de Lima LSA, Cidade PIM, Nobre CB, Neto MLR. Impact of Sars-Cov-2 and its reverberation in global higher education and mental health. *Psychiatry Res.* 2020 Jun;288:112977. doi: 10.1016/j.psychres.2020.112977. <http://europepmc.org/abstract/MED/32302818>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

17. Holmes EA, O'Connor RC, Perry VH, Tracey I, Wessely S, Arseneault L, Ballard C, Christensen H, Cohen Silver R, Everall I, Ford T, John A, Kabir T, King K, Madan I, Michie S, Przybylski AK, Shafran R, Sweeney A, Worthman CM, Yardley L, Cowan K, Cope C, Hotopf M, Bullmore E. Multidisciplinary research priorities for the COVID-19 pandemic: a call for action for mental health science. *Lancet Psychiatry.* 2020 Jun;7(6):547–560. doi: 10.1016/S2215-0366(20)30168-

1. <http://europepmc.org/abstract/MED/32304649>. [PMC free article] [PubMed] [CrossRef] [Google Scholar]

