



“Influence Of Emotional Intelligence And Mental Health On Academic Achievement Among Graduates In Post Covid Era”

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Abstract

The covid-19 Pandemic is a major health crisis affecting several reaction such widespread outbreaks are associated with adverse mental health and emotional intelligence consequences. Significant progress has been made in the prevention and control of the covid-19 pandemic in china but the psychological crisis caused by the epidemic is still not over and may continue to exist mental health and emotional intelligence regarding students in the post covid-19 Era should not be ignored.

This abstract provides early warning for the influence of mental health and emotional intelligence among students in the post covid-19 Era by listing the characteristics and duration of mental health crisis following these virus outbreak in addition, based on the current situation, specific methods and majors are proposed in order to provide effective reference for the prevention and control of psychological crisis caused by covid-19 epidemic.

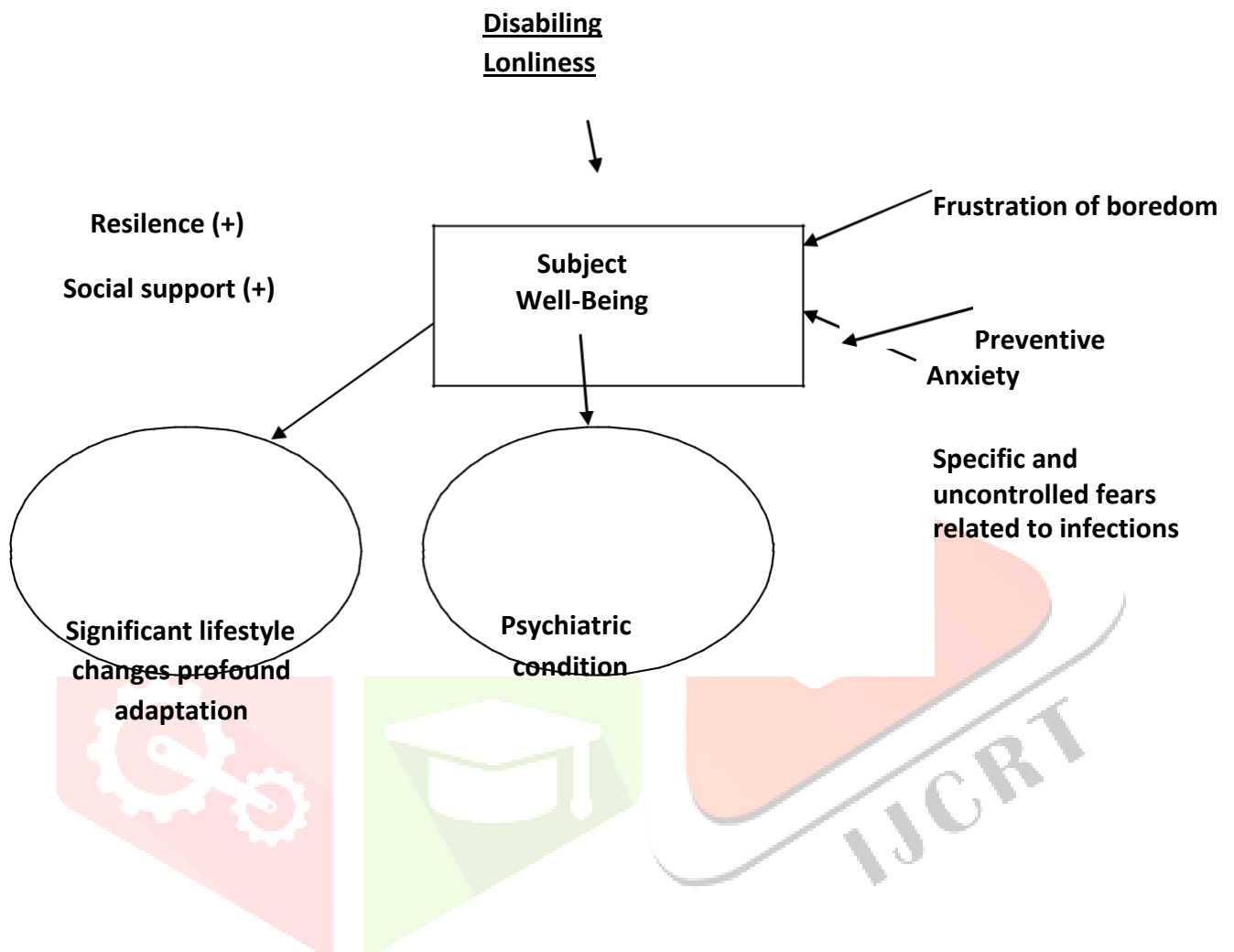
Keywords

Anxiety , covid-19, Depression, Public health, Stress, Well-Being, Unemployment.

Introduction

In March 2020, the outbreak of the corona virus disease 2019 (covid-19) reached all countries of the western world to India, To reduce the speed of its spread, many countries should slowed down their economics and inforced pronounced restrictions on public life to overall educational institutions to governmental organizations and non governmental organizations also.

Effect of covid-19 on mental health and emotional intelligence in post covid era



Most relevant Psychological reactions to covid-19 infection-

i. Disabling loneliness:-

The further effect of social isolation is preventive loneliness and boredom which have potential dramatic effect on both physical and mental individual well-being.

ii. Specific and uncontrolled fears related to infection

This is commonly one of the most frequent psychological reactions to Pandemics.

iii. Pervasive anxiety

Anxiety may be directly related to social deprivation and pervasive loneliness in this case first insomnia and later depression and post traumatic stress occurred.

iv. Frustration and boredom

Distress boredom social isolation and frustration are directly related to confinement abnormally related social or physical contact with them and loss of useful habits.

v. Risk factors-Alexithymia

Alexithymia may be literally defined as 'No words for mood' and was initially identified to describe cognitive and effective features in patients with psychometric disorders. This may show significantly higher levels of anxiety, depression and psychological distress.

Protective Factors:-

i. Resilience-

Psychological resilience may be generally defined on the ability to support or retrieve psychological well being during or after addressing stressful disabling conditions.

ii. Social support-

Social support is associated with a reduced likelihood to develop psychological distress and psychiatric conditions.

iii. Reopening of schools and colleges-

Re-opening of school and colleges brought a long term fearful circumstances among students made a long distance with each other with a long term communication gap which may affect their study and the level of wisdom regarding thinking and learning where as social distances made them solitary where debate and group discussion might have gone and their progress and level of well-being deteriorated.

Effect of Emotional intelligence

During pandemic about 4 in 10 adolescents or adults have reported symptoms of anxiety or depressive disorders a share has been largely consistent up from 1 in 10 adults reported these symptoms from March 2020 to Feb 2021. In addition to increase anxiety and depression, job loss may lead to other mental health and emotional intelligence outcome, such as substance use disorder. During the previous recession the high unemployment rate was also associated with increase in suicides.

Conclusion

A pandemic is not just a medical phenomenon. It affected individuals and society and country disruption, anxiety, stress, stigma and xenophobia. Social distancing and isolation from their family and friends may take a negative role of mental health of health workers. However the current situations requires a clear understanding of the effect of the recent outbreak on the

mental health and emotional intelligence among the students of different age groups to prevent and avoid to covid-19 pandemic.

References

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