



A STUDY ON PSYCHOLOGICAL EFFECTS OF PANDEMIC ON ACADEMICIAN'S JOB

¹Ms. Lata Ved, ²Dr. Mayur Rao ³Dr. Ajayraj Vyas

¹Research Scholar, Sardar Patel University, V V Nagar & Assistant Professor, CP Patel and FH Shah Commerce College Anand, India ,

²Associate Head & Assistant Professor, PIMR, Parul University, Vadodara, India

³Assistant Professor, SEMCOM, CVM University

Abstract: The pandemic COVID -19 has put the very serious effect on all over the world. While the impact of this was beyond the control of risk which affected to health of the the people psychologically and physically. One of which the educational institutions were also affected from the viral spread. The objective of the study is to know the psychological effects of pandemic on the academicians's Job and to study that which factors are affected to the academicians at the time of COVID-19. The article includes such factors like, Stress, Depression, Anxiety, Imbalance of Eating habit, Wage cut trauma, Physical/ Health problems, Risk factor of having virus in family and so on. So, for academicians Job to work with these effects become more difficult as compare to off line job of the academicians.

Index Terms - COVID-19, Pandemic, Psychological Effects, Academicians

I. COVID-19- PANDEMIC

The COVID -19 pandemic was the large family virus that affect the whole area of it. It was the virus which is simply transmitted to one person to another as the most common feature of that is cold to large severe diseases. As COVID- 19 was spread all over the world need for emergency to save people in national as well as international level. Moreover, the ultimate result of the Coronavirus pandemic is not relating with death only of the people but affects the psychology of the people that create the high level of the stress on their mind at workplace also. Here, by considering the psychological effect on work place, the special attention is given to academicians's Job about COVID-19 pandemics effect.

II. IMPACT OF COVID -19 ON EDUCATION SECTOR

Academician's are very vulnerable part of the society. As they providing educational services to the students. Working in the educational Institutions during COVID-19 -19 pandemic situation is become harsh to academicians for teaching and learning process. As academician were suffering from the psychological presser like, depression, anxiety, disorder of eating, greater level of stress, substance abuse and so on. Here, the result of the coronavirus makes totally change of working nature of the academician as they work off line now they continue to work online basis with so many problems of technical as well as functional level.

As result of pandemic situation, the colleges and schools were closed that affect the academician very negatively. The decisions held that teaching session will be continue in online with providing required services to the students with so many changes like new method of teaching, network connection, attendance method, exam process, admission at the time new academic year, year planner and proper documentation of records etc. create high level of workload to the academicians. However, the present paper

represents the conceptual framework of the different psychological effects and challenges that effects of pandemic on the academician's Job.

III. RESEARCH METHODOLOGY

The paper is conceptual in nature. The data used in the paper is secondary collected from various sources.

IV. PSYCHOLOGICAL EFFECTS OF PANDEMIC ON ACADEMICIANS

1. Work Stress
2. Depression
3. Anxiety
4. Imbalance of Eating habits
5. Technology disruption
6. Wage cut trauma
7. Physical / Health problems
8. Risk factors of Covid -19
9. Lack of Engagement with family

Below is the brief overview of the above effects:

1. Work Stress:

Academicians faces lots of work stress. As the things go online, the documents prepared since long should be converted to digital ones for presenting. They have to identify the ways to explain the students on online mode.

2. Depression:

It is a serious disorder one can have. This is taken quite lightly in India, as the people suffering from it, don't even know they are having it. Due to pandemic, academicians have lost the feel to meet their students face to face, they were just muting their mic and putting their camera off in the online mode, leading to behavioral changes for the ones, who is simply habituated to face the public or feel the crowd.

3. Anxiety:

Academicians already worry a lot for their syllabus, assignment submissions and tracking the attendance of the students, this pandemic had made them more anxious for such things. As the syllabus completion and feedback from students go parallel, here in the online mode it is difficult to connect them. Academicians have to move ahead with "benefit of doubt"

4. Imbalance of eating habits:

Considering the offline modes, the academicians follow a specific discipline in terms of taking lunch breaks, finishing the lectures on time, facing the students by standing behind the podium, while due to this pandemic situation, all this got vanished. There arise an imbalance in everything, esp. eating habits also.

5. Technology disruption:

Not all the academicians are techno savvy. They are habituated with chalk and talk approach since years. Ultimately during this pandemic they are supposed to adopt the technology for taking classes, which disturb them a lot mentally. As the there may arise network issues and ultimately they loose the rapport and link of teaching .

6. Wage cut trauma:

Many institutions have also started deducting the salaries of the teachers/ professors at school/ colleges respectively, due to the work from home approach. Working hard the whole day for students, making everything digital, finding the best ways to address the online students and still not paid the full amount of salary is disappointing.

7. Physical / Health problems:

Technology comes with lots of advantages and demerits as well. Many academicians started getting affected with excessive use of earphones, laptops, mobiles etc. They suffered from hearing loss, headaches and fatigue as well.

8. Risk factors of COVID- 19:

There are full chances that any of the family members get affected with infection and ultimately, this will force to drop the job and take leaves to recover, this will finally affecting them mentally as it becomes difficult to balance both sides.

9. Lack of engagement with family:

Event though, lectures are been taken up from home, family engagement still lacks for them. They are supposed to give up their regular lifestyle for the sake of bringing the classrooms at home.

v. CONCLUSION

The present study was just a simple overview of the few psychological effects of pandemic on the life of academicians and their job. The effects covered showed the severity and detrimental. It may be concluded academicians who are habituated with classrooms, chalks, dusters and physical presence of students got really uncomfortable with online classes and got mentally down in planning the new ways to handle the class and engage the student's interest in online mode.

REFERENCES

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