

SHIKSHA SAMVAD

International Open Access Peer-Reviewed & Refereed
Journal of Multidisciplinary Research

ISSN: 2584-0983 (Online)

Volume-1, Issue-3, March- 2024

www.shikshasamvad.com



“An analysis of the mental health of students during the coronavirus outbreak and preventive measures”

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Abstract-

Families and schools are vital social structures that are entwined with each student's overall development. The promotion and enhancement of students' physical and mental health is our schools' main duty. For the protection and well-being of youngsters, the roles of parents, schools, instructors, counselors, and others are crucial. It is now essential for schools to attend to students' psychological needs and general well-being in light of increasing issues. Our biological, physical, social, economic, cultural, political, emotional, mental health, medical, and teaching-learning processes have all been profoundly impacted by the COVID-19 pandemic. Around the world, there is a general feeling of dread, terror, and extreme anxiety as a result of this pandemic. As a result, the main issues of the modern world are people's ongoing anxiousness, restlessness, tension, fear, uncertainty, worry, suspicious surroundings, and despair. When a person is under stress or worry, they may experience emotional ataxia, psychological fear, apprehension, and uneasiness. These symptoms can be lessened by sharing feelings. This improves the person's capacity to change and adapt to challenging circumstances. To overcome the conflicting feelings, psycho-social stress, anxiety, mental strain, emotional and behavioral disorders, and physical terror resulting from this dire circumstance, psychological intervention is helpful. Additionally, having an optimistic outlook and engaging in creative endeavors might help one recover from stressful circumstances. As a result, the main issues of the modern world are people's ongoing anxiousness, restlessness, tension, fear, uncertainty, worry, suspicious surroundings, and despair. When a person is under stress or worry, they may experience emotional ataxia, psychological fear, apprehension, and uneasiness. These symptoms can be lessened by sharing feelings. This improves the person's capacity to change and adapt to challenging circumstances. To overcome the conflicting feelings, psycho-social stress, anxiety, mental strain, emotional and behavioral disorders, and physical terror resulting from this dire circumstance, psychological intervention is helpful. We now must find these kids and encourage them to live normal lives by giving them the right kind of assistance and guidance.

Keywords: *Digital stress, Psychological Counseling, Social conduct, Mental health, and the Corona tragedy*

Introduction

According to the World Health Organization, adolescence is defined as "dynamic changes in a person's characteristics within the context of adolescence" (ages 10 to 19) and a life stage. Adolescence brings about psychological maturity as well as the development of an identity and feeling of self-worth, as well as the ability to regulate emotional impulses. Teenagers have some of the highest rates of self-harm worldwide. The majority of physical ailments are caused by emotional stress and other factors. Psychiatrists, clinical psychologists, mental health care providers, counselors, and other related professionals concur that by offering students timely support, we can prevent many mental health disorders in the future. The student's emotional, behavioral, and psychosocial well-being are all aspects of their mental health. 'Adaptability', or the capacity to deal with life's obstacles head-on, is its most crucial quality. Students' mental health and life success are closely related. Students who get mental health care learn more effectively, are more productive and are more adaptable to change. Studies reveal that about one in five kids and teenagers deal with mental health issues including stress, anxiety, learning difficulties, and drug misuse. The family is the first socialization framework that children go through, followed by school. These two establishments provide greater prospects and psychological room for all-around growth. Specifically, the child's family, school, community, and society all collaborate to support his mental health and are equal partners in his upbringing. Everyone experiences sadness and/or anger at some point throughout this time, and it is natural to feel these emotions. Even if the emotions are strong, they seem lengthy, strange, and unexpected.

There are many unknowns and concerns about depression as an illness, including its symptoms, diagnosis, therapy, and aftereffects. A person's understanding of their strengths, flaws, emotions, and talents is just as important to their mental health as the absence of mental illness. According to the National Education Policy 2020, children who are hungry and unwell cannot study as well. As a result, children's physical, mental, and nutritional health will all improve. In light of this, counselors are now viewed as a framework for offering assistance to parents and kids since they are skilled, educated, and experienced individuals who can offer insightful guidance and support.

In the direction of comprehensive development

Emotions have a stronger influence on life and aid in children's social and personal development, according to the National Education Policy 2020. Chronic emotional instability has a wide range of physical and mental effects on the child and impacts them holistically. Emotionally stable children,

on the other hand, lead prosperous, healthy, and tranquil lives. Teachers should encourage students to attempt one-footed balancing as a way to help them develop emotional stability. Determine for yourself which sense and ego are most beneficial to your increased awareness of your physical condition. For 10 minutes, close your eyes, sit in a peaceful place, and concentrate only on your breathing. Allow what arises to occur and let what departs. Don't try to stop thinking about anything. What processing strategy are you employing when you solve a puzzle that you haven't solved before? Additionally, attempt to de-stress by inhaling deeply for seven seconds, holding it for eight, and then expelling it for eight more seconds. Do this seven times. Pay attention to your breathing and the changes you observe in yourself as a witness. Perform this task every day. Children's play helps them develop emotionally throughout their lives. Local dramatic games such as the Gadu or Ka game, the teacher and school game, the thief-cop game, the house-to-house game, etc. let children release their bad feelings. Children experience emotional ups and downs as well. They experience both happiness and sadness at different times. They are unable to articulate their emotions.

Method of teaching and learning

The length of time and workload for online courses should be restricted by the school. Instructors should discuss with pupils the emotional and academic issues they are having and, if needed, arrange for special lessons. It will be up to parents and educators to work at shielding kids from harmful material. When it comes to this, extreme caution should be used. Use different activities as well to keep them occupied. Assist them with domestic tasks to foster a sense of accountability. Children should be treated with kindness and given adequate space to express their thoughts and feelings by their parents and teachers. Parents should respond correctly when children voice concerns about subjects about their upbringing. Additionally, try your hardest to find solutions to their issues. The alternate academic calendar developed by NCERT for student instruction. Due to the ongoing coronavirus, schools are closed in the interest of the country. However, starting in 2020–21, the National Council of Education and Training (NCERT) created the National Educational Standard Alternative Academic Calendar to streamline students' formal education. at all educational levels

This calendar was created with learning outcomes in mind to guarantee the continuity of instruction for students in grades 1 through 12. This calendar was made to support educators, parents, and kids in learning and to get pupils interested in what they are studying. In creating this schedule, new technologies and social media—digital and online—were given particular consideration so that students could continue to study while residing in their homes.

The function and value of educators as counselors

In addition to instructing, teachers often provide guidance and counseling. As a result, educators are prepared to handle the mental and practical difficulties that pupils may encounter. The National Education Policy 2020 refers to this as well. As a result, teachers are very crucial in students' lives and are often the first point of interaction between students and teachers. The roles and responsibilities of parents Taking care of their children's mental and physical health is the main responsibility of parents. to carry out. Parents need to be aware of how their children's emotions and conduct are changing. Kids should be encouraged to be active. Incorporate yoga and consistent exercise into your daily routine because it benefits your physical and emotional health. You can help as a parent by listening to your kids, embracing their flaws, assessing their doubts, and offering them hope. You can also help them maintain their mental health by giving them the emotional support they need to work through problems. Active learning activities include watering gardens, assisting with cooking, reading aloud to children, creating art, painting, music, games, and biographies of notable people. Children's attention should be directed toward constructive and engaging activities like painting, drawing, and other crafts during this time.

Activities include music, sports, gardening, a penchant for baking and cooking, storytelling, spiritual and love books, motivational biographies of famous people, and creating a routine of reading and writing in addition to engaging in other interests. able to accept assistance. The impact of grandparents on their grandchildren's development

Consequently, there are favorable impacts on mental health. Grandparents should read stories to their children at home. These tales are entertaining, thrilling, and positively affect kids. The kids will be occupied with this and tragic events won't receive as much attention. Children's fragile minds are fertile ground on which to plant the seeds of good traits such as love, harmony, generosity, restraint, peace, rationality, positive thinking, and character building. These stories allow the seeds to germinate and grow.

These kinds of stories can help with the challenging process of raising children at home these days. Children and teenagers still love Dadi Amma's humorous stories about the Panchatantra characters, which foster both a healthy and forward-thinking attitude to life and a keen sense of curiosity. While human stories can teach valuable moral lessons and ideals, they can also serve as an inspiration for instilling human values in one's daily life. Children's fragile minds will be opened up by these stories, which will also make their lives easier. - Will be able to reawaken morals, manners, humility, honesty, and practical tenderness, among other things. Because of this, the children and their grandmothers can listen to the seniors in the house tell them amusing tales of Akbar-Birbal, the

struggle for liberation, and the valor of the great freedom fighters. Stories help youngsters develop holistically and instill numerous values, such as empathy, communication skills, deference to authority, affection for younger people, environmental awareness, harmony, time management, humanism, and a deep love for their country. You can bring it with you. Therefore, a tie between a kid and their parents or other caregivers that affects the child's growth and capacity to forge meaningful relationships later in life can be understood as emotional attachment.

Children's use of digital technologies

The COVID-19 pandemic is a complex problem that is negatively affecting children's natural development since, although they are not receiving a proper education in schools, they are also not receiving sports in their natural surroundings. Their growth on the physical, social, and cerebral levels is thus impacted. As a result, through internet education, kids are given new chances to learn engaging tasks, imaginative games, and amusement. However, this instruction is insufficient for their complete growth. No. Teenagers, like children, are also confused about their future careers since they do not know how they will grow in this position or what situations will require them to make decisions on their own. Potential can be enhanced. Consequently, children and adolescents are confused about their education and future growth, which is mentally distressing for them. The child is in dire need of a setting where social-emotional learning can be prioritized right now. During the Corona period, parents should endeavor to fortify their children's hearts and brains by consistently upholding equality, as well as time, understanding, dialogue, communication, and sensitivity. Students' "screen time" has significantly increased in COVID-19. They don't take their eyes off the computer, tablet, or smartphone screen. Studies have revealed that kids are using computers and smartphones for an average of five hours a day more than they used to. Social Individuals are now spending more time on gaming and media websites. Many working parents overlook the growing amount of time their kids spend in front of screens, believing that this will keep their minds occupied. Social media, however, is bad for kids. It even heightens interest in genuine, unadulterated facts. There are household chores that need to be completed, so parents are unable to supervise everything. His sleep has been deteriorating as a result of excessive "screen time," and as a result, his conduct has begun to change. That's not all. This has made people more prone to the issues of comfort-seeking and laziness. This is a warning indicator; an occurrence like this suggests psychological loneliness.

Pragyata's recommendations for pupils

The coronavirus pandemic has impacted the education of 24 crore pupils nationwide. In light of the coronavirus outbreak, the Indian Ministry of Education has released a set of guidelines for

appropriate classroom management. Time and details for online courses for kids in grades 1 through 12 will be provided in this. The sessions are explained in great depth. The length of the primary class session has been restricted to 30 minutes by these rules. For grades 1 through 8, there have been two 45-minute classes set down. For students in classes 9 through 12, there are four 30- to 45-minute online classes available. Planning, reviewing, organizing, guiding, talking, assigning, tracking, and appreciating are among the eight stages of online and digital education that are included in it.

These eight steps offer direction and lay out the strategy and execution of digital education in a methodical, integrated, and step-by-step fashion with examples. These recommendations for digital (online) learning offer a thorough plan of action to raise educational standards. Both students with and without digital devices can benefit from the information in these guidelines.

They've both been looked after. A wide range of stakeholders, including teachers, parents, student teachers, school administrators and leaders, and teacher trainers, are finding the Pragyata Guidelines to be pertinent and helpful. Effects on Emotional Well-Being People's mental health is being adversely affected by the Corona issue. The state of the world now is such that everyone is worried about both the present and the future. Negativity has arisen as a result of living confined to one's home, dread of the economic crisis (employment and lack of livelihood), irritation at not being able to lead a regular life, and, most importantly, fear of Corona. An article from May 27, 2020, in the journal Dainik Jagran claims that the Indian intellect The Health Society survey indicates that there has been a roughly 20 percent increase in the number of patients in the nation with mental problems since the start of the pandemic.

Impact of the existing circumstances on mental health

- ✓ Disoriented
- ✓ Concerned
- ✓ Angry

Observance of the Covid-19 protocol

The entire human race is in danger as a result of the contagious virus known as corona. Personal separation, or social distancing, is currently strongly enforced to deal with the crisis resulting from the Novel coronavirus (COVID-19) pandemic epidemic to prevent chain transmission of the virus. Maintain a minimum of two yards (6 feet) of distance in your life to protect yourself from the worldwide pandemic Corona. You should also adhere to medical or social distances (physical distances) or personal distances (social distancing). Merge with the governing body. Always use a

handmade face mask, wash your hands often, and practice good hand hygiene. Use a hand sanitizer that is at least 60% alcohol by volume or thoroughly wash your hands with water. Everyone will be protected through self-control, social behavior, mask use, and personal space. The only things that can heal Corona and provide a shield are self-care, yoga, meditation, a healthy diet rich in nutrients, and vaccinations. The only ways to stop the coronavirus from spreading are through immunization and prevention. During the COVID-19 pandemic, staying at home and being safe is crucial. Because of this, the second wave of the virus, also known as the new fear Covid-2.0, unexpectedly infected more individuals. Now, in the third wave, Covid-3.0, full adherence to the Covid protocol is required before public safety can be restored. This tragedy presents an abrupt and significant obstacle. To address the circumstances surrounding the COVID-19 pandemic outbreak, the current to break the chain of virus dissemination, adhere to the protocol precisely, and acquire both vaccinations required. For total immunity, thus keep in mind the fundamental idea of "Ek Adhu Ra Do Se Poo Ra" and make sure you receive both corona vaccinations.

Adjusting to the new normal in life

The most catastrophic and devastating occurrence of our time, COVID-19 has altered our understanding of society and existence. As a result, all facets of society must coexist peacefully and contribute to the "new normal" social structure that is emerging in response to the current circumstances and shifting surroundings.

The protection of citizens' lives is the aim of the New Normal. A 'new normal' will emerge in all areas of life as a result of COVID-19. This is a warning sign that a "new normal" could emerge in all areas of life as a result of the spread. Fresh Santalanu will take several more months to establish, and the global pandemic will create a new stereotype-based tradition. Every human activity has been disturbed by the coronavirus, which has changed lifestyles both directly and indirectly and how people connect. In short, the world is currently undergoing unprecedented transformations on a new level. Every segment and group in society has been impacted by this epidemic differently.

Mental health crisis in the present circumstances

Studies reveal that self-isolation and personal distance are effective ways to halt the growth of this epidemic. This is a whole new experiment for the Indian people—these measures are also being adopted there. Numerous mental health issues and complications have arisen as a result of this abrupt shift in people's lifestyles. Consequently, receiving psychological help may be crucial to releasing this emotional strain. Having a variety of mental health issues is normal in the current environment. As a result, it's critical to act constructively to support and assist the general population

in managing and reducing stress and anxiety. escape this stressful condition. Everyone must work with discernment and patience.

The function of psychologists and counselors

Since children spend the majority of their time in school, counselors who have received training must be committed to helping students with their psychophysical health. Education is a component and an enabling. Teachers and family members must support children's desirable behavior to enhance their personality and help them determine their life objectives. This will help the children's personality develop overall.

Be of assistance when constructing. It is important to work with counselors to help kids feel less failure, unhappiness, frustration, and other negative emotions. To help and show empathy, we should make an effort to comprehend how children feel when they are in difficult circumstances. Children who receive this will grow up to be excellent citizens with strong emotional personalities. We must cultivate a favorable outlook on children. Children can be taught self-confidence by engaging with teachers and family members. Children's personalities can be created holistically by significant work in their development, with the assistance of psychologists and counselors.

In addition to being a special needs teacher, a counselor can also be a remedial teacher, an investigator, and a consultant for a child's mental and emotional health. psychological well-being and The nationwide Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, has provided a nationwide toll-free hotline number, 08046110007, on which anyone can contact with questions about stress and psycho-social issues. The Indian government has also launched a program called "Manodarpan." This covers the nationwide instruction of our educational institutions' students.

8448440632, a nationwide toll-free helpline, has been established for outreach purposes. which is offering students telecounselling to deal with concerns about their academic careers, mental health, and psychosocial problems. In addition, individuals can reach out to the National Center for Disease Control (NCDC), the Government of India's Corona Pandemic Help Desk at 9013353535, the National Toll-Free Helpline at 1075, the Arogya Set App, the Covid-19 Vaccination App, the YGC Helpline at 08046110007, and World Health Organization Correct information is available from reliable sources. As a result, the assistance of psychologists and counselors is turning out to be quite beneficial in lessening the long-term effects of COVID-19 and mental health issues in India.

In summary

The COVID-19 epidemic is a difficult period for people everywhere. In addition to requiring immediate medical treatment and concern, this worldwide pandemic causes anxiety and conflicting feelings in all of us. It is necessary to adjust and develop mental toughness when confronted with challenges. Maintaining one's psychological and emotional well-being and making effective use of one's time are essential.

Children are worried, afraid, lonely, and uncertain during this COVID-19 changeover period, yet people are also hopeful. The virus has made human existence dangerous everywhere, which is why human society is terrified to death. The epidemic is causing a behavioral shift in people. Corona is targeting not just our minds but also our bodies. Do kids nowadays have to stay inside the house, or do kids who used to be able to play anywhere—the house, the playground, the park—have to be cooped up inside the four walls of the house? In the modern world, the family and the school are now the same. Understanding children's feelings can help us to appreciate how important friendship and making friends are to them, just as meeting the rest of the world is. To learn about children's psycho-social stress, parents and educators should have regular conversations. Thus far, as of right now

It is normal to experience a range of mental health problems. As a result, it's critical to take positive action to support kids in learning how to manage, deal with, and release stress and anxiety. By fostering an environment of positive thoughts and helpful activities toward their children, parents can emerge from this stressful position.

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SHIKSHA SAMVAD



An Online Quarterly Multi-Disciplinary
Peer-Reviewed or Refereed Research Journal
ISSN: 2584-0983 (Online) Impact-Factor, RPRI-3.87
Volume-01, Issue-03, March- 2024
www.shikshasamvad.com
Certificate Number-March-2024/30

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“An analysis of the mental health of students during the coronavirus outbreak and preventive measures”

Published in ‘Shiksha Samvad’ Peer-Reviewed and Refereed Research Journal and
E-ISSN: 2584-0983(Online), Volume-01, Issue-03, Month March, Year- 2024,
Impact-Factor, RPRI-3.87.

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