

Impact of Lockdown on Mental Health and Wellness

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Abstract: COVID-19 pandemic is a challenging situation to India as well as to the world. The COVID-19 breakout has shown many positive and negative impacts of many school, undergraduate and post graduate students on their mental health. This survey is conducted in between August 24, 2020 -August 30,2020 randomly to analyse the impact of lockdown on mental health. Around 259 students have responded to the survey. The majority of the age group is under 19yrs and 20yrs. Survey has analysed the mental status of students in moulding this crucial time efficiently to face their future endeavour. Subjects were educated to follow a well disciplined lifestyle and to be engaged in physical activities.

Keywords: COVID-19, mental health, survey, lockdown

1. Introduction

COVID -19 is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), identified first in December 2019 in Wuhan, China rapidly spread through entire China and whole World within no time. Droplets from coughing, sneezing and talking were found to be the primary source of infection and anyone within close proximity would inhale and get infected. Millions of people across the globe got infected and hence it is declared as Public Health Emergency of International Concern on 30 January 2020 and a pandemic on 11 March 2020. In the absence of a vaccine, social distancing has emerged as the most widely adopted strategy for its mitigation and control [N. M. Ferguson et al.,]. To avoid further spread of this contagious disease community containment, lockdown, social distancing was the only option left [A.Wilder-Smith et al.,] in view of primary health concern which was immediately imposed by Government.

This pandemic has affected almost all the corners of life socially, economically. Education being crucial sector is also not spared, students are facing stressful life worried about their studies and career. Excessive stress results in an increased prevalence of psychological problems like depression, anxiety, substance abuse and suicide ideation [Bansal CP et al., Arria AM.,]

Our aim of the survey is to focus on the mental status of the graduate and post graduate students in handling this unavoidable situation and ways in which they are involved to make their best.

2. Data and Methods

This survey is conducted through an organised platform of Google forms which contains 25 questions in which one question is left out to the subjects to convey their suggestions to the society and rest of the questions are related to the mental status of the subjects. We have included mail ID, name, age and the college they study. An

age group of 17yrs to 24yrs have answered the survey. Total of 259 Undergraduate and Post graduate students have answered the form randomly.

3. Results and Discussion

3.1 Building mental stability

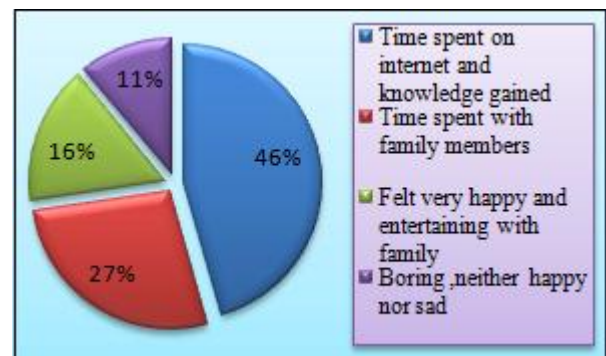


Figure 1

Implementation of lockdown has definitely had a profound impact on the mental health of students, their dreams, actions, worries etc which only build up a stress in them. To combat this stress students have opted for various ways like 46% of them spent their time on surfing internet and gaining knowledge, 27% students spent their time with their family members by listening stories from their grandparents, playing with kids etc, 16% students felt very entertaining with family and the remaining 11% students felt lonely, bored and were neither happy nor sad with the lockdown situation.

a) Getting adjusted to isolate themselves



Figure 2

This lockdown brought many positive and negative changes in the mindsets of students. So from the above pie chart we can say that majority (35%) of students missed sharing thoughts with each other and they felt lonely on the other hand 19% students felt like family is better than friends and could learn many household works and did not get much bored. Some of them 14% think positively about the changed culture now that the way of greeting each other is good and well disciplined and dressing sense of all age groups and genders are well behaved. 32% of students were exhausted by sitting at home saying missing gatherings with friends and families, missing shopping, birthday parties and celebrations.

b) Being Responsible

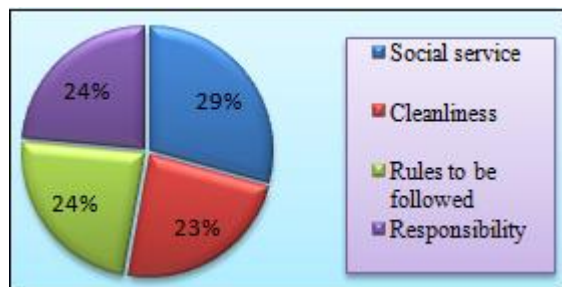


Figure 3

As discussed in the above parameters along with their mental stability, students need to have responsibility towards the society. So this pie chart shows the responsibility of students towards the society in different percentages, many students showed their interest in doing social services(29%) like planting saplings, donating food or clothes to orphans, donating groceries to poor people who could not afford to buy them. And the opinion on cleanliness (23%) felt better about the maintenance around them where as only some of them (24%) felt relaxed without any worries and have taken some strict rules to be followed in/after lockdown. They also suggest to continue the practice some responsibilities (24%) such as home delivery of milk or some groceries etc with proper care.

c) Self consciousness

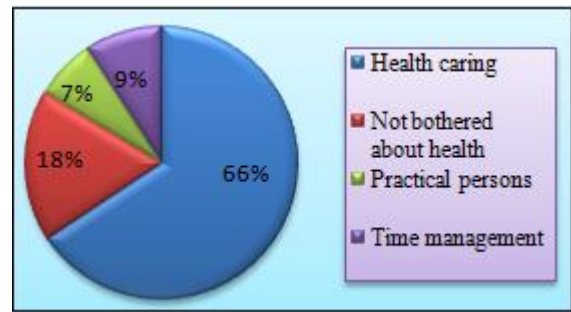


Figure 4

The concept of self consciousness and being alert is a very important aspect in the life of a student. Majority of the students (66%) are very much bothered about their health and they take care of themselves by taking a balanced diet and eating food in correct amounts, by doing exercise and maintaining themselves fit. And shockingly 18% of the students are not bothered about their health and they also say eating food in right amounts without doing exercise is enough to maintain themselves healthy. In this pandemic situation many of them learnt managing their day to day schedule by doing their personal works and managing house hold works etc. Coming to practical thinking 7% of the students are practical and they do not trust god and do things in a practical way.9% of the students learnt about time management in routine work.

d) Career point of view

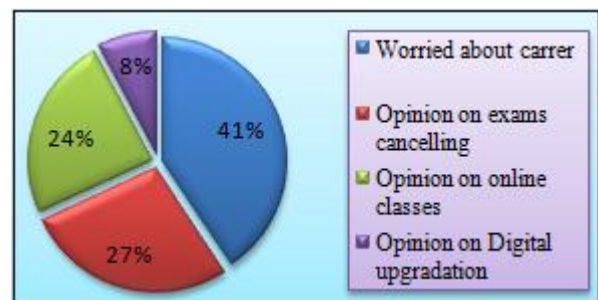


Figure 5

Everything we do in our life we co-relate that with our career which shows how important the role of career plays in the life of students. As we have seen in the above parameters, most of the students were responsible about the society and in the same way here 41% are very worried about their career, when the question about cancelling of exams is asked majority of them have answered in a positive way saying cancelling of exams is a good thing because students are stress free and on the other hand some of them (27%) said that cancelling of exams is not a good thing because some students are mentally effected, this shows the confused state of the students ,but 8% students are confident that the world after this pandemic will surely upgrade to digital world. Coming to online classes 24 % of them felt it is a waste of time because the poor students could not afford to buy smart phones and they may not have the facility to access the classes and the aim of online classes did not reach everyone.

e) Self Observation

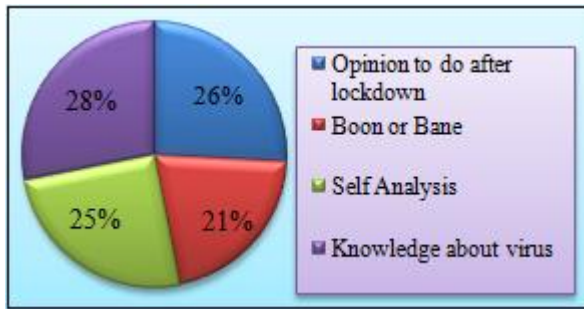


Figure 6

Whatever the situation is, whatever we do self observation or self analysis is very important to analyze our mental status. So from this pie chart we can observe that maximum students have knowledge about the present situation and they are in a confused state to say whether this is a boon or bane. 26% students want to go out chill out with friends and have fun and also want to visit or make tour to pleasant places which shows they are very much bored to sit at home and gaze. 25% students answered that they could analyse themselves through this form. Combating with the situation is the need of the hour, 21% students felt this lockdown as partially boon and bane. To be aware of everything happening around is the moto of 28% students who showed interest in gaining knowledge about virus causing COVID.

4. Conclusion

Considering opinions of the students through the survey it is understood that lockdown has imposed some positive and negative aspects in the mindset of the youth under the age of 17yrs and 24 yrs. This survey concludes that most of the students have prepared their mind set to sit at home and carry on with the courses or works in an online mode. Majority of the students have used their time efficiently in a productive way. The youth have undertaken many responsibilities in this span of nearly five months of lockdown. Everyone is alert to the extent that they are awakened from their lazy world and want to stay healthy and energetic. The undergraduate, post graduate students have had a lot of worry about their future as career is the most important aspect of his or her life. It is also proved that self examination is a very important factor to move forward in one's life. Everyone is feeling responsible for what they do.

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