

## IMPACT OF COVID-19 LOCKDOWN ON STUDENTS

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### ABSTRACT

*This study on the psychological and emotional well-being of 201 Hospitality students was aimed to assess the psychological impact of COVID-19 after the colleges were shut for undefined period and the restrictions laid by government on the movements of goods, people and carriers. The students were forced to be at home and adapt to the newer way of online education learning system. These conditions may have triggered various psychological and mental issues amongst students. The survey is aim to explore whether they had experienced any such factors like increased anxiety, irritating, sadness or loneliness, higher stress levels, and other factors of mental struggles and the remedies they have adopted to tackle these issues.*

*Among the 201 valid online questionnaires collected from Hospitality students from Pune city, almost more than 75% students showed symptoms of anxiety, loneliness and irritation.*

*To conclude, we examined the presence of anxiety, irritation and loneliness symptoms among Hospitality students in Pune city, after the lockdown was imposed and the colleges were shut down and explored many other factors that caused disruption to students' psychological and mental health.*

**Keywords:** "Lockdown", "Corona", "COVID 19"

### INTRODUCTION

COVID-19 pandemic is the most severe public health problem that has occurred in the past history that has greatly impacted student's mental health.

Government has imposed many restrictions on the movement of people, goods and carriers to curb the spread of this pandemic. Colleges have remained closed almost for six months and have introduced newer learning pattern of online education. This concept of remote learning due to COVID-19 poses a threat to college students' psychological and emotional health. Students are struggling to adapt to this remote learning mode and grieve over the loss of personal contact with friends and teachers.

Mostly all students' lives have been

impacted by the pandemic in the areas like more time spent in front of screens and indoors restricted to family members only. They are frustrated with the fact that it's harder to meet classmates and make friends. Many students are dependent on their friends for emotional and academic support. At times, they even consider friends more comfortable as a part of their support system than their parents or guardians. When friends are hard to come by, those support networks weakens thus, setting in the feeling of social isolation or loneliness. This has resulted in psychological distress amongst students who are used to having to having an active social life. Due to restrictions imposed all over, the isolation strategy lead to ill effects like psychological distress, loneliness, anxiety, depression, panic attacks, financial problems and tremendous mental

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stress.

The pandemic has also impacted directly on many students educational performance. They are struggling with burnout, i.e. feeling of extreme fatigue and laziness which leads to a decline in academic performance.

The pandemic continues to hit college students hard, with depression, anxiety leading to the rise in suicide cases too.

The objectives of the study is to assess the various psychological and mental stress factors the college students experienced during the lock-down; to understand the impact of lock-down on various activities like daily routine, domestic violence, eating habits and sleep pattern ,hobbies, career goals, studies and to understand the remedies that they have adopted to tackle these issues.

## LITERATURE REVIEW

Ritu Agast-Director - Human Resources, Pearson India expressed her concern on how Covid -19 outbreak impacted on everyday work life of people.

People could relate how fragile and unpredictable the lives can be in an unusual state of affairs. The virus totally changed the way in which most of the people live, work or perform basic day to day responsibilities. The spread of the disease has been increasing at an alarming rate with the impact being felt at various areas impacting slowdown in economic, business , trade, travel and public life.

Debanjan Banerjee( March 2020) from Nature India covered on how the impact of COVID-19 a global panic has occupied the deepest corners of people's minds and life in general.He further explained how the psychological toll has disrupted personal and professional lives severely and affected people and societies at various levels. The solution to this can be isolation and physical distancing that can have major impacts on peoples life and relationships. Also the increasing bombardment of misinformation constantly seen on social media, fuels stress and mass hysteria.

An Institute of mental health in Second Xiangya Hospital in Hunan, China laid down a protocol for people in isolation to ensure the quality of life they lead. It included steps like daily digital communication with their families and friends, group counselling, caring for individual dietary needs, comfort and free time, daily job-related activities and daily updates on the current situation, psychotherapy sessions and intermittent hygienic measures were ensured for healthy living.

Sfoorti Mishra (March,2020) sited various examples in TWC, India on COVID-19: Psychologists Reveal How to Fight the Pandemic's Negative Effects on Mental Health. She stated an example of a 35-year-old man from Punjab with a travel history to Sydney was admitted after he arrived at IGI Airport complaining of a headache. He was merely a suspected case and jumped off the hospital building.She has suggested that while maintaining social distancing, people should try and keep in touch with their friends and family via telephone, email or social media. Also they should involve family and children in various indoor fun filled activities which would minimise the negative impact on the children.

Mr Kumar says (March 2020) in TWC, India affirms to the fear or panic state around due to the current situation. He claims that feeling of uncertainty about what could happen in the coming weeks was completely normal during times like this. He further admits that it is a confusing and stressful time for all around that can affect our mental health and further any rumour or speculation can fuel anxiety.

Roma Kumar, a Senior Consultant Clinical Psychologist at Max Hospital, expressed that such types of incidents may affect individuals and society at multi levels, causing disruptions. While stigma and xenophobia may spread as a social aspect of the outbreak, leaving a long-lasting impact on the mental health at the individual levels too.

Mr. Anand (March 2020), TWC-India suggested various activities different countries were adopting to remain unaffected from the feeling of loneliness during this time like meditation, following hobbies, reading and so on which can help negate to the effect of isolation.

Dr. Hans Henri P. Kluge (March 2020), WHO Regional Director for Europe, in a video chat expressed his concern on the issue of managing and reacting to the stressful situation that was unfolding so rapidly in our lives and communities. He advised to draw on the remarkable powers of strength and cooperation that is possessed by humans and try to focus on to respond most efficiently to this emergency as individuals, family and community members, friends and colleagues.

### OBJECTIVES OF THE STUDY

1. To explore various changes in psychological and mental factors experienced by college students during pandemic.
2. To assess the changes in the psychological and mental factors experienced by college students during pandemic.
3. To understand various actions students undertook to tackle the psychological and mental stress they experienced.

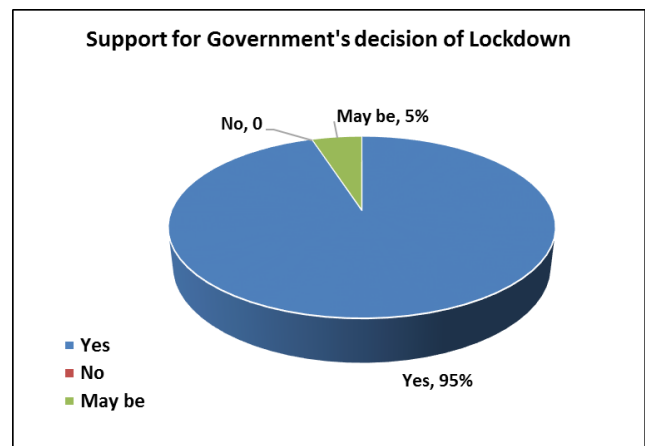
### RESEARCH METHODOLOGY

The data required for the research was collected using the following techniques:

- **Telephonic Interviews:** The researcher conducted telephonic interviews with the citizens of Pune city to get an insight on the problem under study.
- **Questionnaire:** A questionnaire bearing straight forward and relevant questions was drafted and handed over to the sample of students of Pune city.
- **Sampling Methods:**
  - Stratified sampling
  - Reference or Snowball sampling
  - Cluster sampling

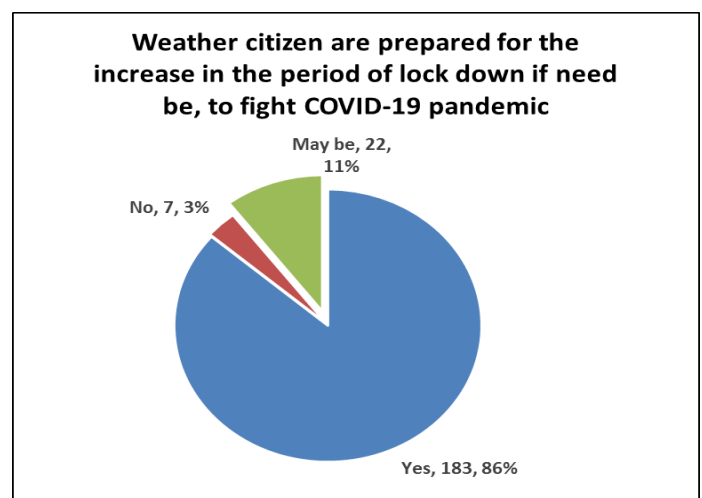
### FINDINGS

- **Support to the government's decision of COVID-19 lock down for 21 days**



#### Findings:

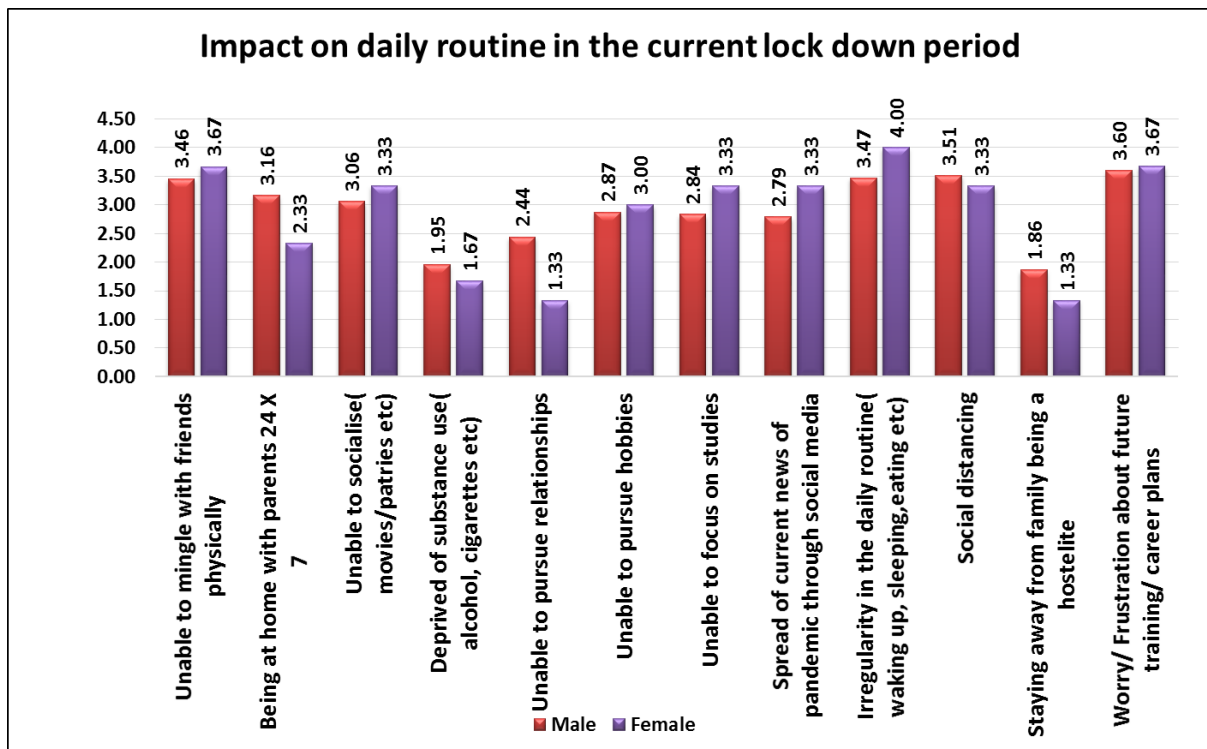
- The government's decision of COVID-19 lockdown got overwhelming support from the citizen.
- Weather citizen are prepared for the increase in the period of lock down if need be, to fight COVID-19 pandemic



#### Findings:

- The citizens are prepared for the increase in the lockdown period over 21 days.

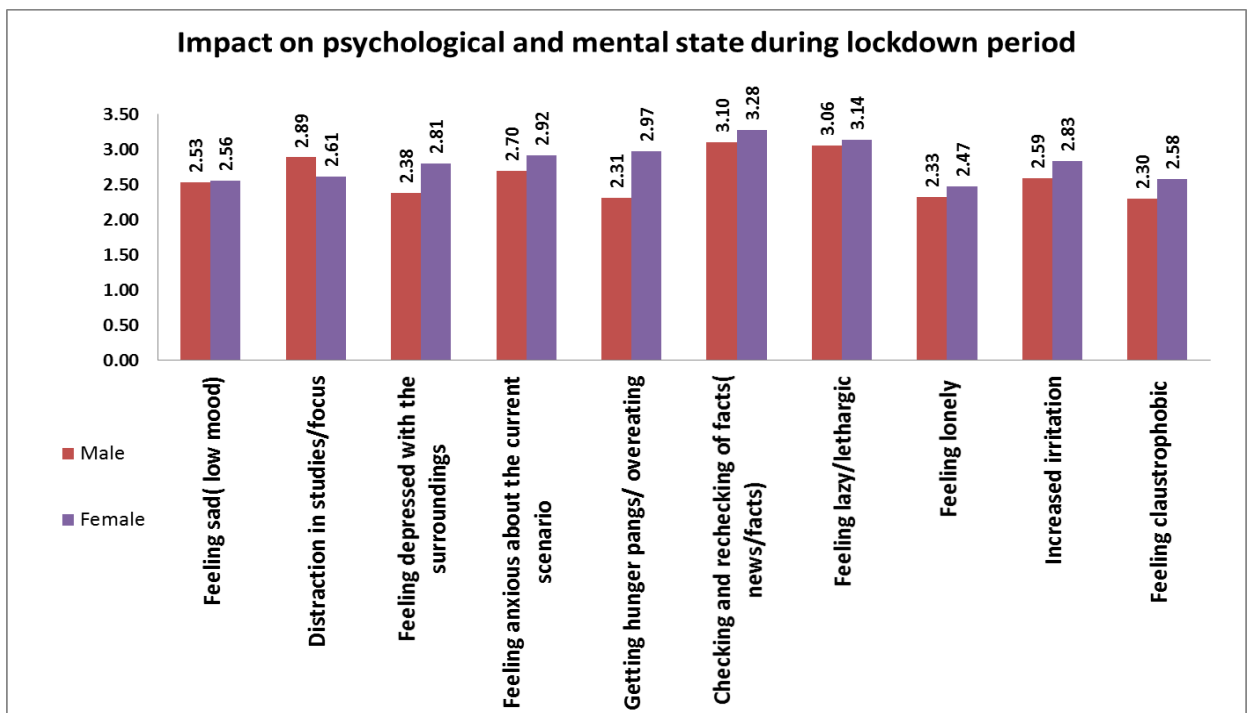
- Impact on daily routine in the current lock down period



**Findings:**

- Maximum impact was seen in “Irregularity in the daily routine (waking up, sleeping, eating etc.)”
- Minimum impact was seen in “Deprived of substance use( alcohol, cigarettes etc)”

- Impact on psychological and mental state during lock down period



## Findings:

- Maximum impact was seen in “Checking and rechecking of facts (news/facts)”
- Minimum impact was seen in “Feeling claustrophobic”

## SUGGESTIONS & RECOMMENDATIONS

1. It's the need of the hour that the citizens support the lockdown by confining to their homes.
2. Although, it's permitted to go out and shop for essential commodities, it is advised to keep the frequency to minimal.
3. Students to undertake activities that help calm my nerves like watering plants or playing card games. I also try not to worry about the negative news and limit the number of times I am exposed to news regarding the pandemic so as to maintain composure and tranquility to be able to follow the government directives.
4. Follow adequate health measures and by maintaining social distancing appears to be the only way to slow down the spread of the disease and by maintaining healthy immune system by doing exercise at home, eating healthy foods and keeping my body and surrounding clean

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