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Review on COVID-19 and Its Impact on Education, Social Life and Mental Health of Students

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ABSTRACT: The outbreak of COVID-19 affected the lives of all sections of society as people were asked to self-quarantine in their homes to prevent the spread of the virus. The lockdown had serious implications on mental health, resulting in psychological problems including frustration, stress, and depression. In order to explore the impacts of this pandemic on the lives of students, we conducted a survey of a total of 1182 individuals of different age groups from various educational institutes in Delhi - National Capital Region (NCR), India. The article identified the following as the impact of COVID-19 on the students of different age groups: time spent on online classes and self-study, medium used for learning, sleeping habits, daily fitness routine, and the subsequent effects on weight, social life, and mental health. Moreover, our research found that in order to deal with stress and anxiety, participants adopted different coping mechanisms and also sought help from their near ones. Further, the research examined the student's engagement on social media platforms among different age categories. This study suggests that public authorities should take all the necessary measures to enhance the learning experience by mitigating the negative impacts caused due to the COVID-19 outbreak.

KEYWORDS: Students, Mental health, online education, COVID-19 Impact, Children and Youth.

I. INTRODUCTION

The emergence of Corona Virus disease (COVID-19) has led the world to an unprecedented public health crisis. Emergency protocols were implemented in India to control the spread of the virus which resulted in restrictions on all non-essential public movements. With the closure of educational institutions, the need for a rapid transition from physical learning to the digital sphere of learning. Online learning has been observed as a possible alternative to conventional learning. However, according to a meta-analysis on e-learning, it is reported that online learning is better than nothing and similar to conventional learning. To improve the e-learning experience, the education institutions are required to comply with the guidelines and recommendations by government agencies, while keeping students encouraged continuing learning remotely in this tough environment.

This rapid evolution at such a large scale has influenced the students of all age groups. It is expected that the continued spread of the disease, travel restrictions and the closure of educational institutions across the country would have a significant effect on the education, social life, and mental health of students. The students from the less privileged backgrounds have experienced larger negative impacts due to the Covid-19 outbreak. Reduction in family income, limited access to digital resources, and the high cost of internet connectivity have disrupted the academic life of the students. Moreover, 1.5 billion students across the world are now deprived of basic education (Lee 2020) leading to a serious psychological impact on their health. Moreover, changes in daily routine including lack of outdoor activity, disturbed sleeping patterns, social distancing have affected the mental well-being of the students.

In this paper, we investigated and analyzed the potential consequences of the COVID-19 pandemic on the life of students. Our research shows that there is a wide gap between the government's policy aspirations and the implementation of these online education policies at the grassroots level. Moreover, our study attempts to assess the mental situation of students of different age groups using different parameters including sleeping habits, daily fitness routine, and social support. Further, we analyse different coping mechanisms used by students to deal with the current situation.



II. RELATED WORK

- Students of different age groups and time spent on daily life activities are analyzed
- The mental status of students of different age group is analyzed.
- The potential consequences of the COVID-19 pandemic on the life of students are investigated.
- This study suggests that public authorities should take all the necessary measures to enhance the learning experience by mitigating the negative impacts caused due to the COVID-19 outbreak.
- A wide gap is seen between government policy and the actual situation.

III. METHODOLOGY

The survey was administered using the Google Forms platform, which requires subjects to be logged in to an e-mail account to participate in the survey, it restricted multiple entries from an individual account. The distribution of the questionnaire was conducted through the outreach of social media platforms, e-mail, and standard messaging services. Clear instructions with the google form were provided to ensure the respondent must be a student.

IV. STUDY DESIGN

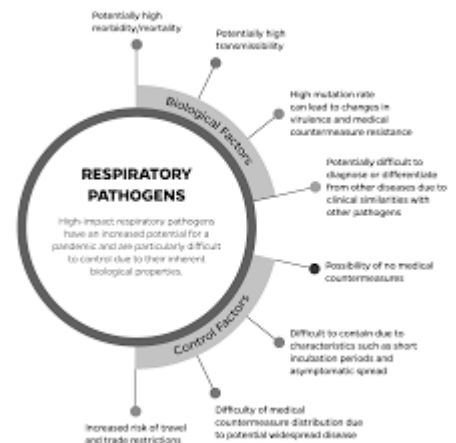
A web-based survey was conducted to students through the medium of Google online platforms from April, 2020 to May, 2021. The online survey questionnaire contained four subgroups:

- Participants were asked to describe their general demographics, such as age, the region of residence.
- Information about the daily online learning routine following the transition from offline learning in educational institutions in India: average time spent for online study (hours) /day; medium for online study; average time spent for self-study (hours)/day.
- Assessment of the experience of online learning to evaluate the levels of satisfaction among students.
- Assessment of health due to the change in lifestyle: average time spent on sleep (hours)/day; change in weight; average time spent on fitness (hours)/day; the number of meals/days; also, we considered further questions about the medium of stress busters during the pandemic, cohesion with family members, etc.

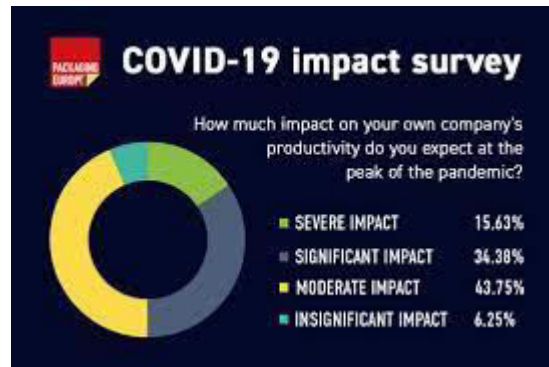
The aim of this survey study is to investigate the impact of the COVID-19 pandemic on the education, health, and lifestyle of students from different age-groups.



(a)



(b)



(c)

V. LIMITATIONS

There are some limitations to our study that should be noted.

1. The sampling technique used. It relies on digital infrastructure and voluntary participation that increases selection bias. The imposed travel restrictions limited the outreach to students who do not have access to online learning.
2. The study is obtained from one specific area, given the lockdown orders and the online medium of classes, we expect these results to be fairly generalizable for schools and universities nationwide. Another limitation of this study is the cross-sectional design of the survey, there was no follow-up period for the participants.

VI. CONCLUSION

In this study, our findings indicated that the Covid-19 outbreak has made a significant impact on the mental health, education, and daily routine of students. The Covid-19 related interruptions highlight key challenges and provide an opportunity to further evaluate alternate measures in the education sector. The new policies and guidelines in this direction would help mitigate some of the negative effects and prepare educators and students for the future health crisis.

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