

Psychological Impact of the COVID-19 Epidemic on School Students in Nintavur Division

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Abstract

The COVID-19 pandemic and the lockdown has taken the world by storm. School closures and social isolation have affected all students. This study examines its impact on the anxiety level of schools in Nintavur division during the peak of the crisis. We conducted interview surveys with 150 students at 04 large school students in the Nintavur division to find the effects of the pandemic on their psychological impacts. The students consist of two group and each group comprises 75 students divided on gender base. The data were analyzed through quantitative and qualitative methods. Of the 90 students (75%) indicated increased stress and anxiety due to the COVID-19. Other students (25%) reported positive impacts of the pandemic. Understanding the broad impacts on students as a result of schools being closed, physically distancing guidelines and isolation, and other unexpected changes to their lives. The study concludes that COVID-19 pandemic brings negative than positive impacts on students.

Key Words: COVID-19, school students, psychological impacts, pandemic

01.Introduction

1.1 Background of the study

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

Countries are racing to slow the spread of the disease by testing and treating patients, carrying out contact tracing, limiting travel, quarantining citizens, and cancelling large gatherings such as sporting events, concerts, and schools. The pandemic is moving like a wave—one that may yet crash on those least able to cope. But COVID-19 is much more than a health crisis. By stressing every one of the countries it touches, it has the potential to create devastating social, economic, and political crises that will leave deep scars.

Though the world has dealt with other pandemics in the past, COVID-19 has been spreading fast. Additionally, the virus is quite contagious and can pass between people before any symptoms appear. The sudden closure of schools on 12 March to tackle the spread of COVID-19 saw the education system responding swiftly with a slew of interim measures to seek to continue education through online and other methods of distance education.

The COVID-19 pandemic has presented many challenges to students, educators, and parents. Children already coping with mental health conditions have been especially vulnerable to the changes, and now we are learning about the broad impacts on students as a result of schools being closed, physically distancing guidelines and isolation, and other unexpected changes to their lives.

COVID-19 pandemic may worsen existing mental health problems and lead to more cases among children and adolescents because of the unique combination of the public health crisis, social isolation, and economic recession. Since most mental health disorders begin in childhood, it is essential that any mental health issues be identified early and treated. Left untreated, they can lead to serious health and emotional problems. In the short term, video conferencing may be an effective way to deliver mental health services to children.

1.2 Objectives of the study

The aim of this study was to survey junior and high school students in Nintavur to better understand the psychological consequences, such as anxiety, depression, and stress, of the COVID-19 pandemic.

1.3 Research question

1. What are the psychological impact of the covid-19 epidemic on school students in Nintavur division?

02. Literature Review

Changwon Son (2020), talk about that the long-lasting pandemic situation and onerous measures such as lockdown and stay-at-home orders, the COVID-19 pandemic brings negative impacts on higher education. The findings of our study highlight the urgent need to develop interventions and preventive strategies to address the mental health of college students.

University of people talk paper at United Kingdom (2020), said that corona virus effect education is suddenly and rapidly moving online. New educational opportunities are being advertised and made available for students, but the switch has also pointed to the importance of the public-school systems for lower-income families, and the challenges the switch presents

for families, special needs students, as well as staff and students across the board. It may be too early to say how students and teachers will cope with online learning as they figure out the kinks, but the impact of the coronavirus on education is an important consideration.

Zaiung chang.M.D and Maolin Ye. Ph.D (2020) talk about in China Students , During the COVID-19 pandemic in China, more than one fifth of junior high and high school students' mental health was affected. findings suggested that resilience and positive coping lead to better psychological and mental health status in students. In contrast, negative coping is a risk factor for psychological and mental health. This study can be used to formulate psychological interventions to improve the mental health of junior high and high school students during the COVID-19 pandemic.

Pragati Shukla (2020) said that the students, increased levels of psychological distress and negative academic consequences are prevalent even before the COVID-19. Then, as a result of social distancing measures implemented in response to COVID-19, higher education institutions have shifted to an emergency online learning format. As can be expected, this worsened the academic stressors for many students. Based from previous research which investigated the impact of academic disruptions on students, it is reasonable to assume that students may experience reduced motivation towards their studies, increased pressures to learn independently, abandonment of daily routines, and potentially higher rates of dropout – as a result of these measures.

Carolyn Berger, Ph.D. (2020) he finds during the COVID pandemic, it is critical that students stay connected with their peers, family members, and other key individuals in their lives. This is especially true for children and adolescents who are primarily learning online. Opportunities to connect can be built into school assignments through activities such as doing small group online discussions with peers. It can also be a fun reward after a long day, even if it is in the form of online gaming. Virtual tools can be a helpful outlet for children and adolescents to connect with one another.

03. Methodology

3.1 Introduction

The research was used questionnaires and interviewed for this study. 150 students have been approached who are studying school student in Nintavur division of Ampara district. The students consist of two group and each group comprises 75 students divided on gender base. We requested the participants to fill the questionnaire according to their perspective about the

psychological impact of the COVID-19 academic on school students. Samples are selected based on the stratified random sampling method. The primary data was collected for data analysis and secondary data used for literature review.

We were given 20 questions in the questionnaire. Proved to be very helpful in distributing questionnaire and collecting survey data. Other way we interviewed some students according to our possibility during this pandemic situation. A total 150 students approached but, only 90 provided with their feedback.

Out of 90 participants, 40 were Male and 50 were Female. This distribution of survey participants with respect gender is show in figure:1

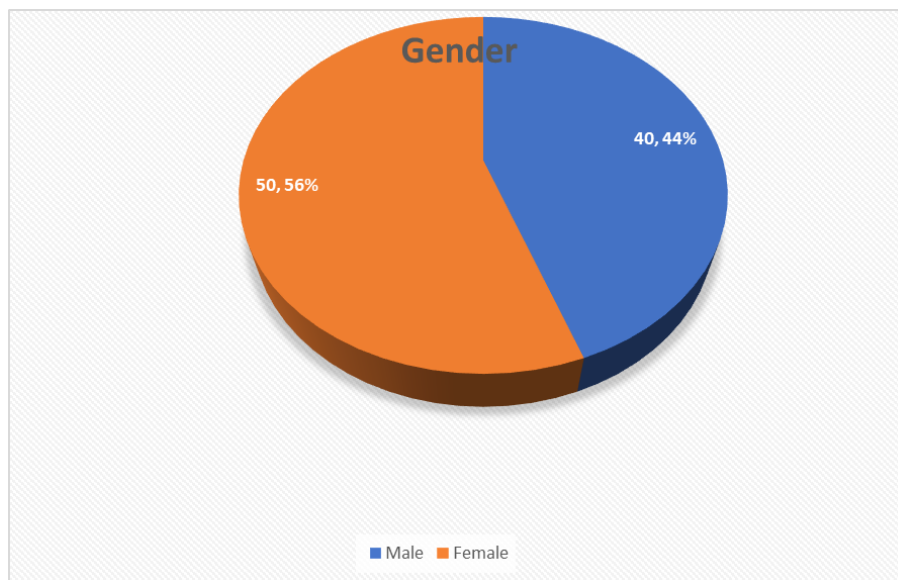


Figure1: Gender Participants

All participate were told about the purpose of this survey by adding and introductory paragraph in the start of the survey explaining the purpose of this study.

The participants were also ensured that their personal data will be kept confidential and will not be discussed without permission.in the question are students were asked question related to the situation they faced challenges of COVID-19 and their mentality, psychological impacts of this virus pandemic .and how it despoiled their studies and lifestyle. The participants were asked 12 question and question were about the following:

- Studying grade
- Attitude towards using mobile
- Emotional distress
- Sleeping duration
- About studies
- Smart phones, internet addiction
- Mental healthy
- Difference between virtual studies and inline studies
- Talking nutrition
- Economy stats after the Lockdown
- Comport zone

It should be noted that the finding in this study is based on the student's responses to the questions regarding their ow persecution. however, the sudden outbreak of COVID-19 disease 2019-2020 has had a dramatic effect on the mental health of public. We demonstrated the psychological effect on the school's students.

3.2 Conceptual Model

Based on literature the following conceptual framework was developed. This conceptual framework establishes link between the COVID-19 Effects and psychological impacts.

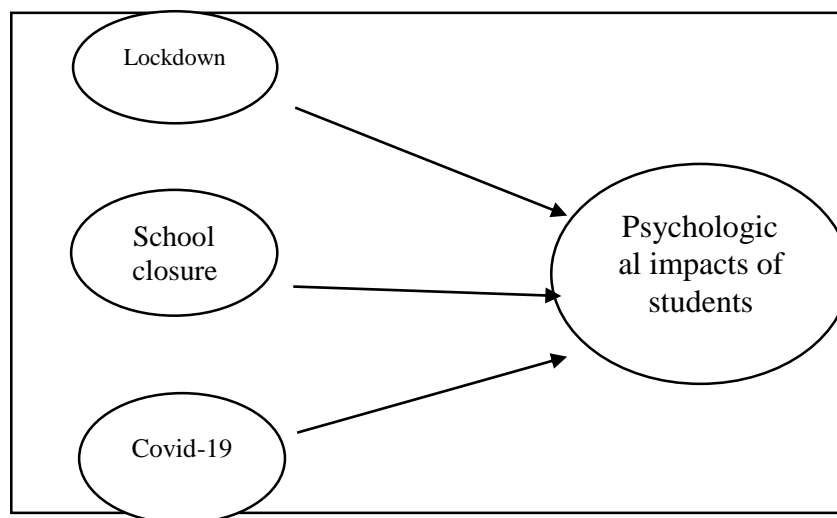


Figure2: Conceptual model

04.Data Analysis

4.1 Result and Discussion

This section covers the result obtained through the survey conducted with students. The students who participated in the survey and following ages:

Among the 90 participants 20 students were advanced level.25 students were ordinary level(O/L),10 students were Grade 10. 15 students were Grade 9. 10 students 6 to 8. 10 Students

were Grade 1 to 5. Here their parents also help to students to fill the questionnaire this point. We should mention the result and discussion. This information is presented in figure:3 respectively.

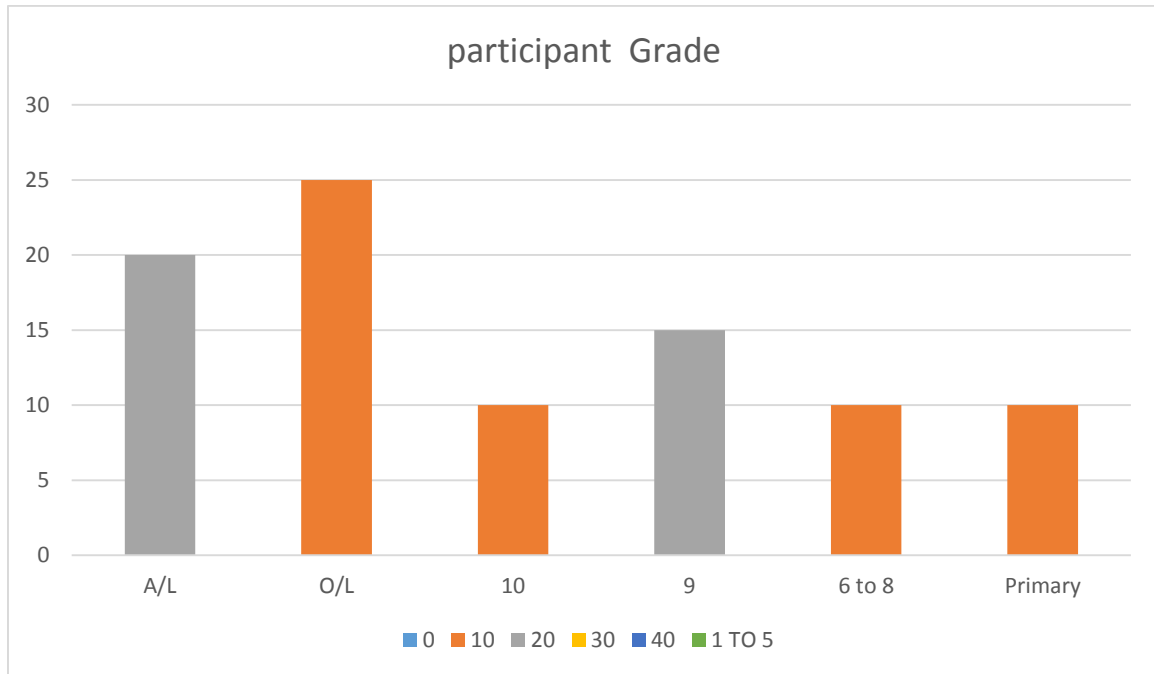


Figure3: Participant students Grade

The result about economic status of the participant according to the household income showed that 55 participants were middle income background.10 were from high income and 25 from low-income figure:4 presents this information.

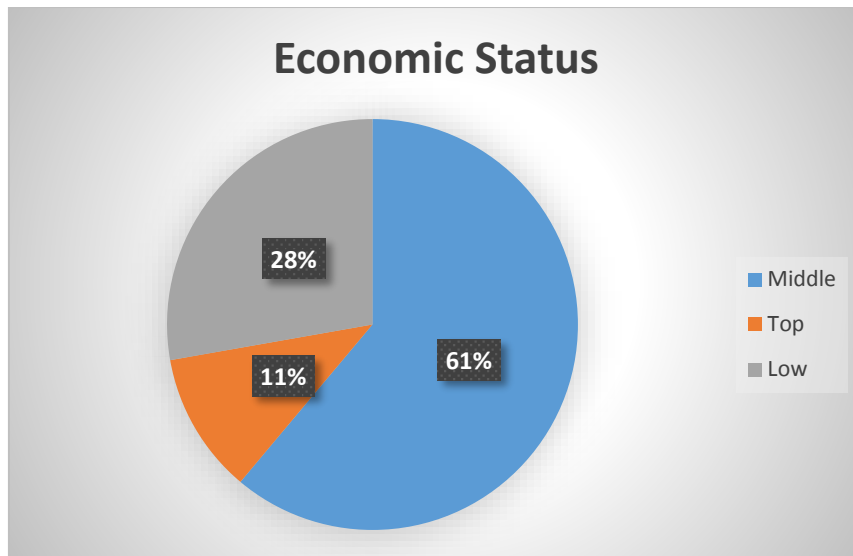


Figure4: Economic status

An important factor ensuring the reliability of results collected by questionnaire investing psychological discomfort.in general and particular during emergencies is the producer for data collection and statical analysis followed by response was they're in case. Students have got so many psychological effects during this period according to the result.

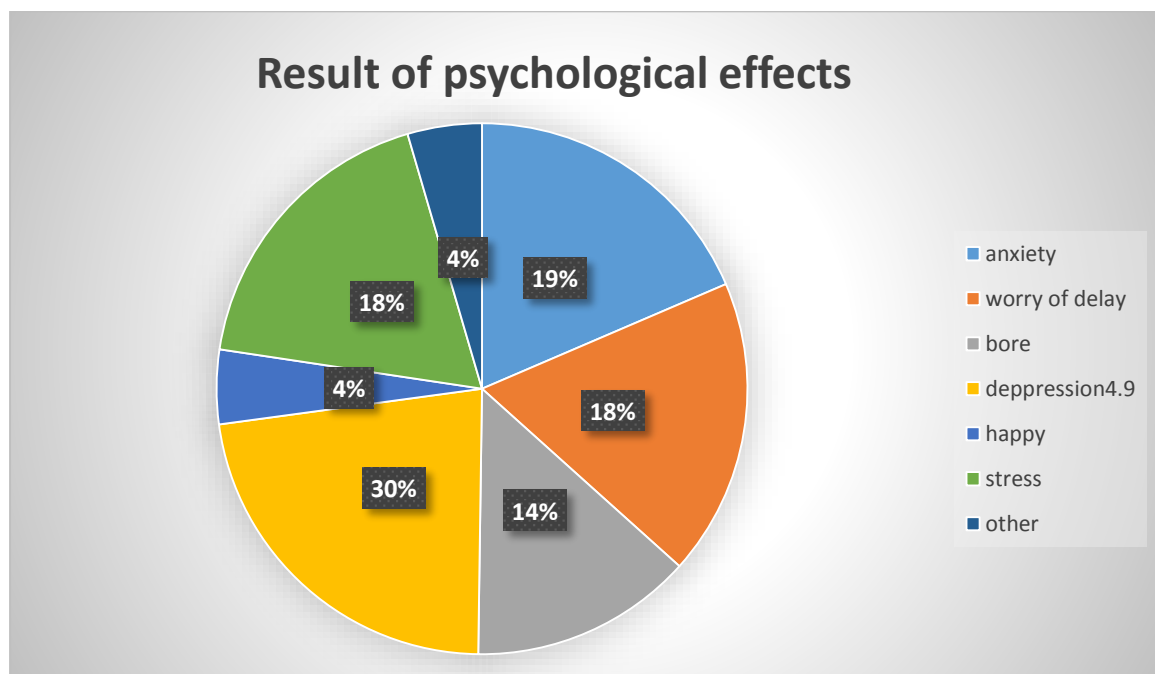


Figure5: Result of psychological effects

The above pie chart shows different types psychological effect to COVID-19 pandemic. Among highly effect is depression with 30%, and 19% of students were get anxiety. All this Result 75% students faced many psychological problems like poor aptitude, emotional Stress, poor sleep including nightmares.

Health status and symptoms effect on mental health status. The physical health status of most of the respondents at the time of study was reported to be good or very good.

Grades	Depression	Poor sleep	Feel delay	Emotional
A/L	15%	10%	50%	35%
O/L	25%	30%	10%	15%
9 - 8	30%	30%	10%	20%
7 - 5	20%	10%	20%	10%
1-4	10%	20%	10%	10%

Table1: psychological effects and students Grade

According to the result, among the 90 participants (75%) students indicated increased stress and anxiety due to the COVID-19. Other students (25%) reported positive impacts of the pandemic. The most of students' effect to most negative impact in the COVID-19 pandemic.so all students must consider to improve of self-learning. There are some of ways to reduce the psychological effects: E-learning, reading books related studies, improve self-study.

05. Conclusion

The research findings show that the psychological impact of students on the COVID-19 pandemic, Lockdown, and school closure. The empirical evidence from this study indicates that 75% of the students experienced effected in this COVID-19 virus moderate, marked to severe, and most extreme anxiety levels, respectively during the COVID-19 pandemic and lockdown period.

Among the many student surveys administered worldwide, one survey by Young Minds revealed that 75% of young respondents agreed that the pandemic worsened their pre-existing mental health conditions, mainly due to school closures, loss of routine, and restricted social connections. If the government is going to make significant progress towards meeting this goal it must take more concerted efforts to meet its obligations to ensuring that all Sri Lankan children can exercise their right to education. Policymakers and higher education institutions

around the world may benefit from these findings while formulating policy recommendations and strategies to support students during this and any future pandemics.

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