

# **EFFECT OF THE PANDEMIC ON THE STUDENTS PERFORMANCE - MENTAL HEALTH ISSUES.**



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## **INTRODUCTION**

For about decades the education system that has been going on around the world has suddenly taken a setback and now the entire world of education has been communicating with each other through virtual platforms. These changes have caused all the possible damage to the education system that can be done and it's continuing to do so. From college students to those students who are preparing for the entrance exams, the heightened level of psychological distress, mental trauma and downstream negative academic consequences are the prevalent under normal circumstances that has been studied during this pandemic situation. Thus this all leads to the academic stressor and heightened stress level to basically relying on old method of copying system these all leads to the hypertension and pressure of doing well in academic.

## **OBJECTIVES OF STUDY**

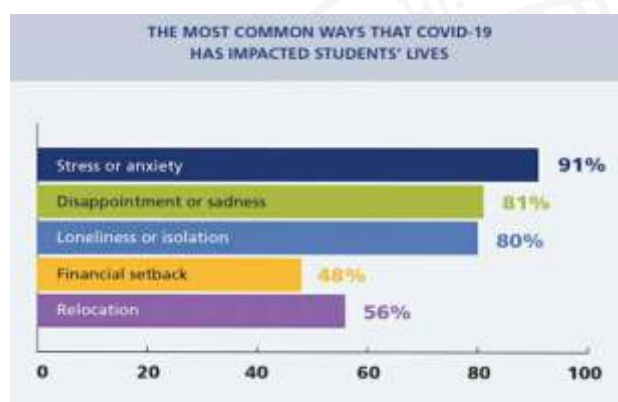
- 1) To study the role of students and their mindset in this pandemic situation.
- 2) To find out all possible ways to reduce the stress of academic delays.
- 3) To motivate them by proper guidance and mentorship on how to deal with mental issues and health.

## **STUDY ON THE PERFORMANCE OF STUDENTS AND THEIR MENTAL**

## **HEALTH ISSUES**

Based on from research examining the impact of academic disruption on students. It is reasonable to understand that students may experience reduced motivation and concentration towards studies, increased pressure to learn and study independently, daily routine of the students that has been abandoned by them and potentially losing their interest in doing anything. One study has published that according to the study of impact of covid-19 on students and well being shows that. Basically the research shows that 25% of the students around the world sample are experiencing anxiety symptoms, which are directly correlate with the increase concern about academic delays, economic effect of the pandemic and impact on daily life routine. According to the survey, reported that 83% of the students from all over the world agreed to that the impact of pandemic has worsened their mental ability to studies due to closing of school, loss of routine and restricted social connections. These basic level of findings, multiple factors contributing to students distress during this pandemic. Several surveys that has been conducted during pandemic situation shows that students Mental well being has been much devastated by this covid-19. Another report shows that 58% of the students are very much disturbed and moderately very concerned

about their own mental health. 46% of the students feels anxious about returning to the campus and the fall of semester exams and all the burden that has shook them from inside. On the report based from around 195 students, 138(71%) indicated increased stress and anxiety. Based on these reporting leads to the result that this pandemic has adversely affected the mental balance of the students. The graph shows that in most ways the students are suffering anxiety and depression because of the unalarmed situation that has happened and causes havoc in the world.



### SUGGESTIONS

Based on findings and reports suggest that keeping students free from tension maintaining mental peace is an alarming call that needs to be solved as soon as possible. However the questions are numerous that can be asked about the psychological impacts that students are facing and what can be done to reduce to their negative effects. Here are some facts that can surely help in reducing students Mental health.

A timely call to research examining the impact of covid-19 on students Mental health is suggested and there has to be a way to find out how to reduce the stress and burden of the students that are faced by them. Specifically, priorities should include the disturbances of educational progress, adaption of habitual copying strategies, and approaches academic institutions have taken to reduce adverse academic and psychosocial outcomes. To take up seminar and lecture on mental health to guide them, to motivate them to cope up with the challenges and fight against it. To nurture them to think good and how to reduce hypertension by guiding them with proper mentorship can be helpful in this situation to overcome the burden of mental and physical health.

### CONCLUSION

Due to the long lasting impact of covid-19 and other findings shows that students are going through with tough times. This pandemic and numerous lockdown has affected the higher education badly. The results of this research cast the shadow of light on the urgent need to deal with this interventions as soon as possible. To find out preventive measures and strategies to address the mental health of the students.

### REFERENCE

- 1) <https://journals.sagepub.com/doi/full/10.1177/0020764020925108>
- 2) <https://www.insidehighered.com/news/2020/09/11/students-great-need-mental-health-support-during-pandemic>
- 3) <https://www.jmir.org/2020/9/e21279/>