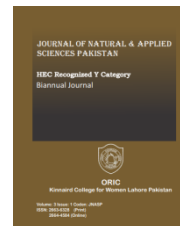




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## IMPACT OF COVID-19 LOCKDOWN ON MENTAL HEALTH IN STUDENTS

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### Abstract

As the coronavirus disease 2019 (COVID-19) pandemic spreads across the globe, it is causing a widespread panic. A variety of psychological issues that can have an impact on the mental health of everyone in the community. The purpose of this study was to analyze the major stressors associated with the lockdown in COVID-19 and to understand their effects on mental health and well-being of students during COVID-19. A cross-sectional study was carried out from The University of Lahore. Total 100 students were selected through non-probability convenient sampling technique. Participants were tested through questionnaire. The study duration was 4 Months including January to April. SPSS versions 21.0 were used for data analysis. In this survey we got to know that out of 100 students 7 of them for nearly every day felt down depressed, 44 among them felt stressed while 67 of them found having anxiety and couldn't cope with the things that they had to do. In exclusion criteria: Individual are not suffering from covid-19. Individuals below 18 years of age. On cooperative individuals. In this survey we got to know that out of 100 students 7 of them for nearly every day felt down depressed, 44 among them felt stressed while 67 of them found having anxiety and couldn't cope with the things that they had to do. It study was conducted that many groups of people worldwide, students were psychologically affected by the lockdown due to the COVID-19 outbreak. Although co-curricular activities and some apps can be useful tools for mental health care, especially in circumstances such as those produced by the outbreak, the students in this study showed mild to moderate inclination towards the depression, Stress and anxiety.

### Keywords

Impact, Covid-19, Lockdown, Mental Health, Students



## 1. Introduction

Coronaviruses are enveloped, positive single-stranded large RNA viruses that infect humans, but also a wide range of animals. Coronaviruses were first described in 1966 by Tyrell and Bynoe, who cultivated the viruses from patients with common colds. Based on their morphology as spherical virions with a core shell and surface projections resembling a solar corona, they were termed coronaviruses (Latin: corona = crown) (Velavan TP & Meyer CG, 2020). The latest threat to global health is the ongoing outbreak of the respiratory disease that was recently given the name Coronavirus Disease 2019 (Covid-19). Covid-19 was recognized in December 2019.<sup>1</sup> It was rapidly shown to be caused by a novel coronavirus that is structurally related to the virus that causes severe acute respiratory syndrome (SARS). As in two preceding instances of emergence of coronavirus disease in the past 18 years SARS (2002 and 2003) and Middle East respiratory syndrome (MERS) (2012 to the present) the Covid-19 outbreak has posed critical challenges for the public health, research, and medical communities (Fauci AS & Lane HC, n.d.). The momentum Covid infection 2019 (COVID-19) episode is an overall crisis, as its fast spread and high death rate has caused serious disturbances. Patients with COVID-19 can create pneumonia extreme manifestations of intense respiratory pain condition (ARDS), and different organ failure. Lymphopenia is a vital component of patients with COVID-19,

particularly in serious cases. Patients with serious COVID-19 are bound to display lymphopenia on affirmation, demonstrating a huge indicator for extreme patients (Yang L *et al.*, 2020). The essential side effects of COVID-19 incorporate fever, dry hack, and fatigue. However, a few doctors in impacted regions have observed that a few patients determined to have COVID-19 have not shown run of the mill respiratory indications, like fever and hacking, at the hour of determination; rather, some contaminated patients have displayed just neurological side effects as the underlying indications, for example, the following: headache, drowsiness, unsteady strolling, and discomfort, which might be because of vague signs brought about by COVID-19 (the extent of vague appearances as the principal manifestations should be additionally investigated); cerebral discharge; cerebral dead tissue; and other neurological illnesses. {36.4% patients had neurological appearances, like migraine, discombobulating, intense cerebrovascular infections, and disabled consciousness (Wang HY *et al.*, 2020). Hyposmia and anosmia are symptoms often noticed by COVID-19 patients. Using a quantitative and objective test, almost half of the patients were found to be anosmic, and another 40% were hyposmic (Hornuss D *et al.*, 2020). People with suspected covid-19 should avoid anti-inflammatory drugs. "Taking anti-inflammatory drugs (ibuprofen, cortisone) could

be an aggravating factor for the infection. If you have a fever, take paracetamol,” (Day M, 2020). The WHO has likewise communicated its anxiety over the pandemic's psychological well-being and psycho-social outcomes (World Health Organization, 2020). It conjectures that new measures, for example, self-confinement and quarantine have impacted regular exercises, schedules, and jobs of individuals that might prompt an expansion in dejection, uneasiness, despondency, sleep deprivation, unsafe liquor, and medication use, and self-hurt or self-destructive conduct (Kumar A & Nayar KR, 2020). The prevalence of depressive symptoms ranged from 14.6% to 48.3%. Although the reported rates are higher than previously estimated one-year prevalence (3.6% and 7.2%) of depression among the population prior to the pandemic (Xiong J *et al.*, 2020). During any outbreak of an infectious disease, play a critical role in shaping both spread of the disease and the occurrence of emotional distress and social disorder during and after the outbreak (Cullen W & Gulati G, 2020). Quarantine can lead to different kind of problems and it can precipitate feelings of fear, anger, anxiety and panic about worse possible outcome, boredom and loneliness and guilt about not being there for family. In a person with a previous psychiatric disorder, all these problems can surface with renewed severity and can lead to PTSD or even suicidal thoughts and attempts. Anxiety can be so overwhelming, that it can precipitate paranoia

and nihilistic delusions (Chatterjee SS *et al.*, 2020). Due to fear of infection or fear of death from the virus. Consequently, many individuals are suffering from elevated anxiety, anger, confusion, and posttraumatic symptoms. Studies have reported that the spatial distancing, self-isolation, quarantine, social and economic discord, and misinformation (particularly on social media). In extreme cases, it may trigger suicidal thoughts and attempts and, in some cases, actually result in suicide (Khan KS *et al.*, 2020). Colleges, state run administrations, banks, and understudy loan organizations should uphold graduates in different ways, including direct case backing and impermanent suspension of understudies' credit installment (Talevi D *et al.*, 2020). During the COVID-19 epidemic, the majority of students strongly agreed to reduce going out and gathering (Pragholapati A, n.d.). The lockdown period saw a general reduction in physical activity levels. members found that the quantity of days of the seven day stretch of generally actual work declined by 24% during the lockdown time frame. The number of minutes of the day spent on actual work diminished by 33.5% while the sitting time had expanded 5-8 hours among the respondents (Doraiswamy S *et al.*, 2020). The COVID-19 is causing many changes in the daily lives of people around the world, but some things can be done to maintain a healthy lifestyle in these difficult times by taking a proper diet during COVID pandemic. It is difficult to follow any of

the physical activities during the lockdown period, as successfully as before. Proper sleep is vital to digest the food and enhances immunity in the lockdown period. Scheduling of the diet and its management plays a significant role in good health. Thus, administration of diet is the leading factor during COVID-19 pandemic (Lohi AS & Sawarkar G, 2020). Aim of the study was Impact of COVID-19 lockdown on

mental health in Students. The overall pooled prevalence of depression, anxiety, distress, and insomnia was 31.4%, 31.9%, 41.1% and 37.9%, respectively. To find out that how quarantine can lead to different kinds of problems e.g depression, anxiety, distress, and insomnia. And how it becomes the most basic reason of PTS (Post Traumatic Syndrome).

## 2. Results

**Table 1:** Handling Personal Problems

Sr no.	Handling Personal Problems	Never	Sometimes	Fairly Often	Very Often	Total
1.	Upset because of something happened unexpectedly	4	73	17	6	100
2.	Felt nervous or stressed	6	45	44	5	100
3.	Felt confident about handling personal problems	8	46	40	6	100
4.	Could not cope with things that you had to	9	67	18	6	100
5.	Ability to control irritations in life	13	49	27	11	100
6.	Been angered about things out of control	7	57	32	4	100
7.	Difficulties piling up high enough to overcome	3	68	17	12	100

Among 100 students, 4 of them never felt upset over something that had happened unexpectedly very often, 44 among them felt nervous and stressed fairly often, 6 of them very often felt confident about their ability to handle their personal problems, 67 of them sometimes found

that they could not cope with all the things that they had to, 11 of them very often were able to control irritations in their life, 57 of them sometimes were angered because of things that were out of their control, 68 students sometimes

were feeling that difficulties were piling up so high that they couldn't overcome them.

**Table 2:** Effect of Lockdown Related to Mental Health

1	Little pleasure doing things	9	78	13	100
2	Feeling down and depressed	36	57	7	100
3	Trouble while sleeping	19	62	19	100
4	Feeling tired or having little energy	6	70	24	100
5	Poor appetite or overeating	13	61	26	100
6	Feeling bad about yourself	20	58	22	100
7	Trouble concentrating	14	58	28	100
8	Moving or speaking slowly/fast	16	73	11	100
9	Thoughts about hurting self	27	47	26	100
10	Felt cheerful for two weeks	14	84	2	100

Out of 100 students, 9 of them never felt any interest or pleasure in doing things, 7 of them for nearly every day, felt down depressed and hopeless, 19 of them for nearly every day had trouble while sleeping, only 6 of them never felt tired or had little energy, 26 of them for nearly every day had poor appetite and overeating issues, only 20 of them never felt bad about themselves and letting their families down, only

14 of them never had trouble concentrating while reading and watching, 11 of them, for nearly every day had issues like moving or talking slowly or too fast that someone else could've noticed, 26 students for nearly every day, had thoughts that they would be better off dead or of hurting themselves in some way, 2 of them always felt cheerful and in good spirits over the past two weeks.

**Table 3:** Comfort during lockdown

Sr No.	Comfort during lockdown	Not at all	Several days	Nearly everyday	Total
1	Felt relaxed during lockdown	7	84	9	100
2	Daily life filled with interesting things	8	85	7	100

Out of 100 students, 7 of them never felt relaxed and calm during the entire lockdown, 8 of them never had their life filled with interesting things

**Table 4:** Academic Issues

Sr No.	Academic Issues	Yes	No	Total
1	Difficulties in rural areas	72	28	100

Out of 100 students, 72 of them living in rural areas faced difficulties during online class.

### 3. Discussion

A study was conducted to find out anxiety, depression and stress due to impact of COVID-19 lockdown on mental health of medical students. The patients were selected through non-probability convenient sampling technique. In current study results showed that out of 100 students, 7 of them for nearly every day, felt down depressed. similar findings were observed in 2020 by Sayeed A, Kundu S, MH Al Banna& MT Hasan. *et al.*, as they noted 61.97% of students reported mild to extremely severe symptoms of depressive (Abu Sayeed *et al.*, n.d.). Similar findings are also observed in 2020 by Sartorao CI, Rodrigues W *et al.*, which showed that 64.41% students are identified with moderate or severe symptoms of depression

(Carlos Izaias *et al.*, 2020). The result of current study revealed that out of 100 students, 44 among them felt stressed. Similar findings are observed in 2020 by Sayeed A, Kundu S, MH Al Banna& MT Hasan *et al.*, as they noted 57.05% reported mild to extremely severe levels of stress (Abu Sayeed *et al.*, n.d.). The result of current study revealed that out of 100 students, 67 of them sometimes found that they had anxiety and could not cope with all the things that they had to. Similar findings were observed in 2020 by Sayeed A, Kundu S, MH Al Banna& MT Hasan *et al.*, as they noted about 26.66% of students reported mild to extremely severe anxiety symptoms (Abu Sayeed *et al.*, n.d.). Similar findings are also observed in 2020 by Sartorao CI, Rodrigues W *et al.*, which showed

46.17% students are identified with moderate or severe symptoms of anxiety (Carlos Izaias *et al.*, 2020).

#### 4. Conclusion

A high prevalence of adverse psychiatric symptoms has been due to impact of covid-19 lockdown. Major depressive disorder such as anxiety, depression, stress and PTSD (post-traumatic stress disorder). A combination of government policy that integrates viral risk mitigation with provisions to alleviate hazards to mental health is urgently needed.

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