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PSYCHOLOGICAL IMPACT OF COVID -19 ON UNIVERSITY STUDENTS

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Abstract - The main objective of this article is to analyze the impact of COVID – 19 on university students. Corona Virus Disease 2019 (COVID - 19) is more highly infectious disease with a long establishment period which is caused by Severe Acute Respiratory Syndrome Corona Virus. Universities or colleges campuses are the places where students live and study in proximity or closeness to each other. Higher educational institutions have the potential to become explosive or outbreak centers due to high levels of close social contact. The new corona virus can be transmitted from person to person. There is more chance to spread corona virus and most of the universities and college students or young adults are more infected from this infectious disease. The affected patients increased due to traveling of people during the festival season or social gathering in malls, cinemas, bus stand, railway station and airport. The uncertainty and low predictability of corona virus endanger people's physical health but also affects the people's mental health such as emotions and cognition. Most of the people are likely to develop negative emotion for self protection and avoid the contact with the people away from pathogens it means to disease. Negative emotions reduced immune function of human being and destroy the balance of their normal psychological conditions. Psychologists assign timely services to affected populations. It is necessary to understand the psychological changes caused by corona virus in timely manners because psychological changes by public health can be reflected directly emotional and cognition. Corona virus not only effects mental health it also affects on respiratory system. It may promotes references for policy makers to make executive plan such as social workers, monitoring positive as well as negative emotions and cognitive indicators like social risk for fighting from corona virus. Reported negative psychological effects including post-traumatic stress symptoms, confusion, and anger. Stressors included longer quarantine duration, infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma. Quarantine is one of

several public health measures to prevent the spread of an infectious disease.

Keyword: Corona Virus disease 2019 (COVID - 19), Psychological, Cognitive Indicator, Quarantine.

I. INTRODUCTION

Corona Virus Disease 2019(COVID -19) is more highly infectious disease. The large extent depends upon social environment means increasing ability to get along well with one self and others[1]. The sentiment or attitude analysis and matched or paired sample test are performed to investigate the differences in the same groups before and after the declaration of corona virus. The sample test results showed negative emotions such as depression, unhappiness, and irritation where as positive emotions and life satisfaction decreased[2][3]. Changing people's behavior and circumstances is proving more difficult than fighting infectious disease. There are some most important reason of deaths are now from non-communicable diseases, with obesity and diet amongst the most significant contributors. Coronary heart disease is the leading cause of early deaths across the globe [4].

The major challenges of psychological has affected to child or youth or students. They are irritated, unhappy at individual, family and interpersonal causes to restriction to go outside due corona virus breakdown [5]. This disease outbreak has seen many countries ask people who have potentially come into contact with the infection to isolate them at home or in a dedicated quarantine facility[6].

Quarantine is the separation and restriction of movement of people who have potentially been exposed to a contagious disease to ascertain if they become unwell, so reducing the risk of them infecting others [7][8].

Therefore the result shows contribute to the knowledge gaps of individual changes in psychological condition after the outbreak. The potential benefits of mandatory mass quarantine need to be weighed carefully against the possible psychological costs. Successful use of quarantine as a public health measure requires us to reduce, as far as possible, the negative effects associated with it[9][10]. The terms epidemic and pandemic imply



different approaches to a health crisis. Our country has many legal provisions which can be used to take public health measures to prevent and control of corona virus[11]. The review evidence shows the psychological impact of quarantine to explore its effects on mental health and psychological condition. Financial loss can be a problem during quarantine with people unable to work and having to interrupt their professional activities with no advanced planning, the effects appear to be long lasting. The financial loss as a result of quarantine created serious socioeconomic distress and is found to be a risk factor for symptoms of psychological disorders[12][13] like anger and anxiety after quarantine. General education about the disease and the rationale for quarantine and public health information provided to the general public can be beneficial to reduce stigmatization whereas more detailed information targeted at schools and workplaces might also be useful[14][15][16]. A good public health law infrastructure establishes not only the powers of the Indian government but also shapes our government's role in preventing and controlling diseases[17]. Government has provisions for engaging and strengthening the civil society and also measures the promoting interstate communications for the control of infectious diseases should be considered in the legal frameworks[18]. Employers might also wish to consider proactive approaches that allow employees to work from home[19].

II. MAJOR CHALLENGES OF COVID -19

The major challenges of COVID -19 are characterized:

- 1) The universities or institutions of higher education balance the goals to minimize morbidity or distress and mortality from corona virus with the goal of minimizing educational and social disruption or separation.
- 2) People who are quarantined often feared being infected others. They also often have catastrophic appraisals of any physical symptoms experienced during the quarantine period.
- 3) This fear is a common occurrence for people exposed to a worrying infectious disease,
- 4) Difficult to meet requirement timely and brings extra burden for people without declaration COVID -19.
- 5) At the time of COVID -19 outbreaks, it is difficult to conduct traditional and executive survey in the affected areas.
- 6) Pressurized the people, job workers, labours, child and students to sit at home.

- 7) Difficult to monitoring highly contagious of corona virus at large scale.
- 8) COVID -19 has achieved pandemic status.
- 9) It is difficult to increase psychological resources and resilience in distinct age groups and socioeconomic condition.
- 10) Threatening the health and lives of millions of people.

III. PROPOSED MATERIALS AND TECHNIQUES FOR REMOVAL OF COVID -19

The proposed materials and techniques for removal of COVID – 19 are implemented on the basis of socialization.

- 1) Data collection shows the traditional survey to share and discuss individual information, network behavior.
- 2) Evaluation of psychological traits for COVID – 19.
- 3) Prediction model and segmentation tools or testing kits for COVID – 19.
- 4) Emotional indicator.
- 5) Universities or College students can develop social qualities by zoom apps or u tube channel online video such as work at home mask making and online tutor or classes' at large scale.
- 6) Breaking the chain of Transmission of COVID – 19 by Stay home and be safe.
- 7) Media is a powerful influence on public attitudes and dramatic headlines.
- 8) These issues highlights the need for public health to provide rapid, clear messages delivered for the entire affected population to promote accurate understanding of the situation.

IV. SUGGESTED MATERIALS AND TECHNIQUES FOR REMOVAL OF COVID -19

Following materials and techniques are suggested for COVID -19 are given:

- 1) Self Isolation.
- 2) Ability to take interest to save other's life and co operate with others.
- 3) Ability to adjust members of various social groups and tolerate the views of others.
- 4) Satisfaction of psychological needs.
- 5) To prevent the transmission of COVID – 19 by making social distancing, less gathering in public places or any other place.
- 6) Clinical institutions and Universities have international / national opened



online platform to provide psychological counseling services for COVID -19 affected people.

- 7) To develop psychological intervention of all or specific people.
- 8) There is evidence to suggest that support groups specifically for people who were quarantined at home during disease outbreaks can be helpful.

V. GOVERNMENT EXECUTED PLAN FOR FIGHTING FROM COVID -19

- 1 Government has forced to close the universities, colleges, schools togetherness and gathering places.
- 2 Govt. has responded by declaring a public health emergency at national or international level that is Lockdown for breaking transmission of COVID -19 such as i) To prevent Infection ii) Social Isolation
- 3 WHO has approved the guidelines for managing for biomedical and psychological.
- 4 Encouraging all people, faculty, staff and students to stay at home.
- 5 Cough / Sneeze etiquette i.e. cover your mouth and nose when you cough and sneeze and also dispose of used tissues in the dustbin.
- 6 Hand Hygiene i.e. washes your hands properly and regularly.
- 7 Behavior Changes i.e. i) Cancelled social plan and travel plan ii) Avoid busy public places
- 8 This way government can measure a significant rise in anxiety, perceived, susceptibility and seriousness.
- 9 More effective health communication and management is needed to promote self isolation and infection control.

VI. CONCLUSION

This article shows that the people around the world are facing mental health issues from corona virus. According to World Health Organization COVID - 19 is an epidemic that has spread over several countries or continents, usually affecting a large number of people. People are able to self Isolate in a safe environment. COVID - 19 breaks has forced large number of people to physically isolate. Universities students can help to all with the sharing factual information about the crises and raises. Therefore this work focus on university must invest in online teaching resources and training during inter pandemic period. Greater recognition for the need of online assignment and

examinations to ensure minimum disruption to the students. The online education system improves enhance the use of E services, education quality, worked from, online business etc and It can help to remove the transmission of corona virus from one person to other person .

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