

Impact of COVID-19 on Student's Mental Health

Hariprasad M

Mahavir Medical College, Vikarabad, Telangana, India

Opinion

The pandemic of COVID-19 has provided teachers, educators, and parents with many challenges. Children already dealing with mental health problems have been extremely vulnerable to the changes, and now we are learning about the large impacts on students as a result of the closing of schools, recommendations for physically distancing and isolating them, and other unforeseen changes in their lives.

College and university students, meanwhile, are stressed about the evacuation of dormitories and the cancellation of planned activities such as exchange studies and graduation ceremonies. When local businesses closed, some lost their part-time jobs. In their final years, students are nervous about the work market they are about to reach soon.

COVID-19 is much more common on a global scale than SARS and other epidemics. It is necessary to help children and adolescents facing bereavement and problems related to parental unemployment or loss of household income as the pandemic continues. There is also a need to track the mental health status of young people over the long term and to research how the well-being of children and adolescents is influenced by extended school closures, stringent social distancing policies and the pandemic itself.

The mental health of different affected groups has been brought into focus by the COVID-19 pandemic. The prevalence of epidemics is known to accentuate or generate new stressors, including anxiety and concern for oneself or loved ones, physical mobility and social activity restrictions due to quarantine, and abrupt and drastic changes in lifestyle. Many considerations, such as other findings that were influenced by the COVID-19

pandemic could also lead to depressed thoughts and suicidal ideation, as well as feelings of loneliness, hopelessness, as well as financial and academic uncertainties. Specifically, depression is associated with both trouble focusing and changes in sleeping habits.

During our battle with Covid-19, providing healthcare staff with mental well-being is critical to ensuring the sustainability of healthcare services. Our findings show that women, young and less experienced people and especially those employed in the frontline positions are in the risk category and should be monitored closely. Our study further showed that during covid-19 related tasks, the excessive workload, lower logistic support, lower support from peers and subordinates, and lower feelings of occupational competence cause a more emotional effect on doctors working in the frontline.

Current research has intense on investigating the mental health of students currently at home due to the COVID-19 pandemic. Since the new COVID-19 outbreak is on a much larger scale compared to SARS, the economic uncertainty, dissatisfaction, and fear among the masses are rising along with it as it continues. As for the dictums of students, such as confusion, anxiety about the future and wellbeing, it would also raise alienation from peers. Parents who also have issues with mental health or family relationships are in a very unstable state.

At this time of crisis, they need timely help. Not only should such support be temporary. Mental health concerns will last for the long term, and further research are required to explore the effects of the extended closing of educational institutions. The isolation that is more psychological, through practice, raises the intense fear of mental health and well-being in students, which is the leading deplorable cause of pandemic.

* **Correspondence to:** Hariprasad M, Mahavir Medical College, Vikarabad, Telangana, India, E-mail:hariprasadmac88@gmail.com

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