



## **Comprehending Psychological impact on Students during Lockdown**

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### **ABSTRACT**

*“Corona viruses are a giant household of viruses which might also cause sickness in animals or humans. In humans, a number of corona viruses are acknowledged to reason respiratory infections ranging from the common cold to extra extreme illnesses such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The most currently observed corona virus motives corona virus ailment COVID-19” WHO, 2020. Whereas worldwide many people died of the covid-19 virus, and many are affected from the pandemic, various countries are working for its vaccination and medication but are unable to find any meanwhile government across countries have taken serious implementations to stop the spread of the virus and the first step carried out was to announce closers of schools and colleges, implementing work from home for office people and were finally asked to quarantine everyone after sensing the seriousness of the pandemic. Thus, during these periods of days lockdown was announced in the country, therefore the current study was conducted to explore the psychological effects experienced by college students during the period of lockdown. Students from Masters final year were asked to participate in the group discussion through Zoom meeting Video as it was not possible to meet in face-to face for the data collection thus a virtual meeting was conducted to explore the psychological impact on students pursuing masters and their concerns related to their career and the data was interpreted using the Thematic Analysis from the Qualitative form of research.*

**Keywords:** Lockdown, Psychological Stress, Thematic Analysis.

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### **INTRODUCTION**

On March 24, 2020, Prime Minister Narendra Modi introduced in his statement to the state that the whole Nation would be in a whole lockdown for 21 days to take a look at the unfold of corona virus. He stated it was once now not a curfew, but, given the seriousness of the matter, it have to be dealt with as no less. “A lockdown has created a stressful situation that prevents human beings from leaving a given area. A full lockdown will suggest you have to proceed to be the vicinity you are and now not exit or enter a developing or the given place as it is disturbing people both mentally, emotionally and physically” [1]. Thus, the state of affairs normally approves for imperative supplies and shut of non-essential supplies. The Indian Council of Medical Research (ICMR) has reported “that the virus is nonetheless in section two of transmission, which people would not be able to open up in the environment freely and stay in close contact” [2]. As the instances climb, Prime Minister Narendra Modi has introduced a whole lockdown for 21 days and the Health Ministry has stated states would want to earmark hospitals to solely deal with corona virus patients. Though situations have improved in many states and three lockdowns have been announced so far, impacting the lifestyle of several individuals especially for school and college students as it seems unclear to them about their exams and career related issues and thus this relates to impacting the students impacting at psychological level.

### **Psychological impact during lockdown**

The pandemic and ensuing lockdown in India have exacerbated signs and symptoms like anxiousness in these with present intellectual fitness conditions. The isolation and uncertainty have additionally precipitated some to be searching for expert assistance for the first time. Issues vary from fears about the virus to concerns about job protection and occur in distinctive methods throughout states and classes. Thus, the current study aims to explore the psychological impact on Students during Lockdown; therefore, an attempt was made to comprehend student's fears and apprehension about their state at home for longer period of time.

Stress is a section of our daily life. The modern-day world, which is stated to be a world of achievement, is additionally a world of stress. Stress is an unavoidable outcome of life, barring stress, there is no life. Distress can motive stress-related diseases. There is eustress that promotes well-being and leads to effective growth. Stress comes from a variety of sources and has emerged as so pervasive that it looks to permeate the entirety and everybody. "Stress is described as an organism's entire response to environmental desires or pressures. When stress used to be first studied in the 1950s, its causes and reasons were studies too through case studies understanding the role of pressure by the experts in the field. More recently, however, the term stressor has been used for the stimulus that provokes a stress response. One recurrent disagreement amongst researchers troubles the definition of stress in humans. Is it particularly an exterior response that can be measured through changes in glandular secretions, pores and pores and skin reactions, and specific bodily functions, or is it an inner interpretation of, or response to, a stressor; or is it both? Stress in human's effects from interactions between people and their environment that are perceived as straining or exceeding their adaptive capacities and threatening their wellbeing. The aspect of grasp suggests that human stress responses reflect variants in personality, as well as variants in bodily strength or giant health" [3]. In psychology, stress refers to a unique type of kingdom of the organism ensuing from some interaction between him and the environment. Research indicates that "Stress and anxiousness in children and young adults are virtually as customary as in adults. Negligence of parents, immoderate expectations in academic or one of kind performances abused childhood, growing up tensions and demands for familial responsibility, etc. the most important motives of childhood and teen stress. Parents, who are no longer emotionally reachable for their younger human beings or lack excessive first-class coping mechanisms themselves, regularly spur stress in their offspring. Stressed youngsters showcase symptoms and signs of emotional disabilities, aggressive behavior, shyness, social phobia, and regularly lack recreation in any different case interesting activities" [2].

## **MATERIAL AND METHODS**

**Aims & Objective:** to explore the psychological impact of lockdown on students pursuing their final year of master's degree.

### **DESIGN**

The present study is an exploratory, qualitative study seeking to explore the factors responsible for stress amongst graduate students about their career related issues during the period of lockdown. The method used to collect the data was a focused group discussion with college going students belonging to the age group of 18-21 years old college going students. The meeting was held online through zoom meeting. Thematic Analysis is the form of qualitative research conducted in order to interpret the data of the current study.

### **SAMPLE**

6 Participants were recruited through convenience sampling (also acknowledged as Haphazard Sampling or Accidental Sampling) is a kind of non-probability or non-random sampling that places individuals of the goal populace that meet positive sensible criteria, such as effortless accessibility, geographical proximity, availability at a given time, or the willingness to take part are protected for the motive of the study. It is additionally referred to the learning topics of the populace that are without difficulty handy to the researcher. Convenience samples are on occasion viewed as 'accidental samples' due to the fact factors might also be chosen in the pattern truly as they simply appear to be situated, spatially or administratively, close to the place the researcher is conducting the data collection. Convenience Sampling is affordable, effortless and the topics are conveniently available.

### **PROCEDURE**

- College going students who fulfilled the inclusion criteria for the study were contacted & invited to be part of the Focus Group discussion. Students included for the study were post graduate students.
- The purpose of the study was shared beforehand. The participants were told that they were being invited to participate in a group discussion in order to share their experiences.
- The participants introduced themselves in order to make the discussion more personal and open.
- It was ensured that all participants were asked for their opinions. If a participant tended to remain quiet, researchers specifically asked for their opinion.

### **RESULT**

Since the lockdown has been announced many students are susceptible whether final years examinations will take place or not, if yes how will it place and there are many more question and confusions in the mind of students in final year of college, thus the current study was conducted to explore the experiences

and psychological impact on students during the period of lockdown and a zoom meeting was conducted to explore the same.

- **Theme 1- Career related stress:** “Adolescence is an unsafe period of time the place was younger human beings ride on self-organization and face role confusion. For them, stress comes from educational tests, interpersonal relations, relationship problems, financial, and profession exploration. Such stress can also generally reason psychological, physical, and behavioral problems” [4]. Career selections set off a bit of self-assurance as nicely as intellectual stress in below graduates. The conversations and chats with spouse and children and fellow surrounding human beings additionally create a strain of now not solely selecting a career, however additionally a job which is extra lusty and cash seeking. This stress might also degrade the overall performance and decisive wondering capabilities of the younger minds. Career-Related Stress can manifest when the needs of one’s job exceeds one’s coping resources. Put simply, when work-life stability is persistently titled greater towards work and much less towards life, human beings can trip a vary of difficulties [4]. Those working in the healthcare professions, first-responders, and others with emotionally worrying occupations, are at mainly excessive chance for struggling from signs and symptoms related with career-related stress. Therefore, one of the themes that were identified was the issues related to career and future perspective on job sector.
- **Theme 2- Employability issues:** “Job Stress is a persistent sickness caused amongst the cutting-edge childhood that negatively have an effect on an individual’s basic overall performance and fashionable well-being of his physique and mind. The immoderate competition, and inconsiderate work colleague, a lack of job security, there are many causes of job stress. The university college students have fear of no longer getting the job likelihood and opposition in the market” [5]. The second themes arrived is the issues related employability, as many students showed great susceptibility towards no growth towards the career fields, many of the participants fears about the future of employability across the country and worldwide.
- **Theme 3-Economic crisis:** “All younger humans experience stress about money. Younger humans do no longer have jobs, or the jobs that they do have do not pay as plenty as they would like for them to. They choose to keep the life-style and fulfill the demand of articles like mobile, bikes and vehicles etc.” [6]. Thus, there is a vicious cycle revolving around the concept of economic crisis as one of the other themes that was prevalent in the focus group discussion expressed by the participants.
- **Theme 4-Unable to continue further studies at international platform:** The COVID-19 pandemic has affected the higher schooling and education system in many ways. Many international locations are already limiting entry at their borders, and solely nationals or everlasting residents are allowed in except there are vital reasons. However, this will have an effect on overseas college students in autumn 2020 is nevertheless unclear. Actions taken towards COVID-19 can affect training in a way that delays the award of excessive college diplomas or degrees. This in flip may additionally suggest that, when a scholar follows for a find out about programme, students technically may not meet all requirements. Because the pandemic is affecting no longer solely teaching, however additionally administration and the eligibility of applicants, it is viable that universities will make adjustments to their admissions processes, and focus more on digital learning and its various platforms. Thus, in the current interview the same has been expressed by the students as many of them were planning to pursue their higher education abroad.
- **Theme 5- Mental health related issues:** Issues related to mental health are quite prevalent these days especially in the times of this Pandemic as discussed it is a topic which every individual is discussing about, in the same manner one of the themes that arrived is the susceptibility towards the growth in mental health issues and its importance to impart psycho-education during this times of crisis because this pandemic has played a great role in affecting not only the physical health but the mental, emotional, social and the psychological health at the higher level.”Mental stress troubles are possibly to make larger exponentially every at the personality and local tiers as they have an have an impact on of the corona virus disease (Covid-19) deepens over the subsequent few months. The first have an effect on will be on these who had mental health challenges in the past than the pandemic. Their problems will almost certainly be exacerbated. There is already a developing volume of tries at self-harm” [7]. There is moreover an extension in burn-out cases amongst caregivers of these with mental health issues. They at once have an impact on is likely to be amongst the day-to-day population. Thus, different substantial issues that arrived are the troubles associated to intellectual fitness and its impact.

The next section has been divided into two perspectives as they were the core issues related to the themes and concerns expressed by the participants in the interview.

- a) The Psychological Perspective:** It includes both psycho social issues and psychiatric issues. Psychosocial issues can lead to risks for violence, discrimination, gender issues, caste and adversity related to disability. Psychiatric issues like substance abuse, alcoholism, adjustment disorders, post traumatic disorders, anxiety disorders, mood disorders are likely to see a surge. The indirect effects on mental health are alarming and are a matter of concern (3). The effects of them can be easily seen on increased cases of malnourishment, poverty and underemployment. Grieving is an important process which is likely to follow and has begun. People are entering into the process and coming out of it according to their vulnerability. Many people are dealing with it according to their vulnerability and leading their lives. People do feel that stress is inevitable and uncontrollable. (8)
- b) The Social Perspective:** The impact of the pandemic is unfolding. Along with the incidents of violence, exploitation, lynching and suicides, stories of benevolence are co existing. People are expressing their stress and anxiety through attacking social workers and health care providers. These psycho social penalties and intellectual health troubles had an effect on the enlargement of the pandemic as well (7). The compliance with the containment and treatment, the faith of human beings in themselves has been reduced. The issues related to mental health are supposed to grow. Cases of suicide and self in larger probability are going to increase. The pandemic will go away in its wake communities that will favor to be rebuilt" [9].

**Theme 6- Other issues:** Apart from the other themes extracted from the interview, there are some issues related boredom, mood swings, sadness, mild feeling of anxiety because of social media news and reporting, a feeling whether one should believe the social media or to reject their reporting about various topics. Worrying about the poor migrant laborers compelled to walk thousand kilometers to their hometown without any transport assistant without any food or water. Thus, these are some of the factors and themes that were expressed by the participants. At the end of the session, tips and strategies were shared to stay positive and to express one's emotions effectively during lockdown, also the participants were recommended to engage and pursue online courses to add growth learning wise.

## DISCUSSION

The present study aimed in exploring the psychological crisis faced by the students pursuing their final year of master degree during the period of lockdown. The study was an exploratory qualitative study seeking to explore the experiences of the students through a focus group discussion conducted online through Zoom meeting. The students were informed about the same and their consent to participate was approved from them before the conduction of the actual discussion.

The results states that there are various factors that are contributing to the psychological impact and affects to the student's future and care due to the current and deadly scenarios caused by the pandemic. Therefore, the themes listed above are the most research topic for any psychologists and mental health professionals to focus upon.

The first theme that emerged was the theme related to "Career related issues" one of the participants reports that "I am really anxious about my career as colleges has been shut for many months and there are no information about how examinations will be conducted "Another participants states that" a whole semester has been missed by us as classes were not possible to conduct effectively.

The second themes that arrived is the "employability issues", a student reports that "it I don't qualify my exams this year because of this situation then I will not get job as country might face economics crisis". Another participant mentioned that "I thought I will get a job after my degree since I have to look after my family since Iam the eldest child in the family but I think situation aur kharab hone wala aagge" Almost all the student expressed this fear of been unemployed as some of them are really in need of it.

The third theme that I could derive from the interview was the fear related to "**economic crisis**". Many of the participants were under this fear that if the economic crisis happens then members in their family might lose jobs. A participants quotes that "agar logon ki jobs jane lagi toh mere ghar mai to ek hi admi kamata hai , pata nahi kесе hum log aage handle karenge", the statements completely shows that along with parents even children are worried about the impact of this pandemic on the economy and jobs in the country. Such worries lead to psychological anxiety and stress among individuals.

The fourth themes state that the participants are also concerned about their "growth in career" as they would not be able to join international platform if one wants to. A participants mentions that " I was

planning to pursue my further studies abroad, and has also applied for various loans and scholarships but now it seems difficult because now my parents would not allow me to go and study in other countries.” The fifth themes comprise of the themes related to “**mental and psychological health**”. The participants were under great pressure and it was clearly seen that they are really worried about their future and jobs that it has brought them under psychological crisis too. The participants were really pessimistic about the current scenario and thus they were suggested ways to deal with it. One of the participants says that “I am facing sleepless nights and has an unregularly sleeping patterns as I cannot sleep in the night and get to sleep in the morning that is why I am restless all the time” Other mentions that “I have no motivation to study as whole day I spends time either watching television or playing ludo games on phone.” Therefore, some strategies were shared with the participants to remain calm, alert, active and positive during these hours of crisis.

### **SUGGESTED STRATEGIES TO REMAIN POSITIVE DURING LOCKDOWN**

“Meanwhile during this hour of pandemic crisis, one may spend time following certain practices:

1. One may spend time with their children this will leading to good bonding in the family
2. Learning to cook new dishes and baking too.
3. Learning a new language.
4. Learning to paint, learn to knit and many more activities can be pursued to utilize this time.
5. Learning new music skills and instruments
6. Learning different style of dance forms.
7. Reading inspirational books and stories.
8. Reading spiritual books for inner self

Therefore, ones need to have full faith and believe that this too shall pass and we need to support the government by following the rules and regulation and practicing social distancing, personal and public hygiene” [10].

While sharing the thought on how one may remain calm and positive, it was felt that now comes the role of psychologists and counselors to take the lead and play an effective role in providing effective and significant psycho-education towards the role and responsibilities of parents, teachers, leaders, schools, and even at individual levels thus in our existing era stress, depression, suicidal thoughts, nervousness and so on amongst college students has increased, thus it's important to seek help and guidance from Instead of labeling a pupil a faculty can be very supportive platform through figuring out and being supportive in time of need. Despair may additionally appear due to a variety of reasons. By supplying a pleasant environment, being bendy in grading machine and encouraging the scholar in bettering different abilities can make a large difference. Integrating such college students and accepting him/her is like a rebirth for a student. This desires recognition from the backside layer of any institution. The non-educating group of workers and schools want to endure training, seminar to cope with such children. It is very frequent to see group of mental health workers discussing the problems of the client in front of different students/parents. If a scholar is beneath medicinal drug for any psychological purpose it wishes to be stored exclusive instead than discussing or informing different students. At the identical time the college students have to be sensitized to such state of affairs via stories, drama, position play, mime etc. Occasionally speak with the aid of specialists such as scientific practitioners, psychologist, Educationalist will be very helpful. Rather than the sickness the "stigma" created by using the sickness is very strong. Educational group desires to be a function mannequin via integrating such teenagers in the regular move and an area to eradicate stigma. This is one of the high-quality ways to promote psycho-education to the society, especially those in need of it. Adolescent are important team of populace present process problems such as Anorexia Bulimia, Obsessive Compulsive disorder, Anxiety issues etc. The depth of "stigma" is additionally very excessive amongst adolescents. Parents and elders needs to be trained properly towards spreading awareness the disease as they are the one who has to look after their kids and children. As research indicated that if parents are pessimistic about this situation then it may become a difficult situation for them to handle their kids [11]. Psycho training to the household participants targets to reflect on consideration on them as phase of the manner alternatively than meager supporter. This brings a turning factor in the lifestyles of the character as he is being frequent by using everyone. A character can overcome the state of affairs at the earliest and pass ahead in his life. The training insurance policies must be bendy sufficient to contain him in greater research and must now not be a hurdle in his/her Career Ambitions [11].

## CONCLUSION

“Research shows that job loss is associated with prolonged depression, anxiety, distress, and low shallowness and would possibly additionally lead to increased fees of substance use ailment and suicide” (Redhwan, Sami, Karim, Chan, & Zaleha) “Recent polling information suggests that more than half of the people who misplaced salary or employment stated horrible mental health influences from worry or stress over coronavirus; and reduce income human beings file larger charges of primary horrific mental health influences in distinction to larger earnings people. Poor mental health due to burnout amongst front-line humans and accelerated anxiousness or mental health problem amongst these with terrible bodily health is moreover concerns” [12]. Those with mental illness and substance use issues pre-pandemic, and these newly affected, will maybe require mental health and substance use services. The pandemic spotlights every existing and new impediment to having get right of entry to mental health and substance use disorder services.

## CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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