

Study on the impact of lockdown on mental abilities of school students

Mr. Niraj Daf

Research Scholar,

Sang Gadge Baba Amravati University, Amravati.(M.S.)

Email: nirajndaf@gmail.com

Dr. Pramodkumar Sahadeorao Bhalerao

Associate Professor

Degree College of Physical Education, H.V.P.M., Amravati (M.S.) India.

Abstract:

The aim of this study was to find out the impact of lockdown on the mental abilities of school students. In this research work, one hundred twenty-five students were selected as subjects from School of Scholars Amravati, Dist. Amravati. Whose age was between 11 to 14 years. Purpose sampling method was used to select the subjects, by which students of 2021-22 session were selected. A self-made questionnaire was used to see the effects of lockdown on the mental abilities of these subjects. This questionnaire consisted of a total of 15 questions. In this questionnaire, three options were given, namely Agree, Undecided and Disagree. Statements No. 1 to 10 and 13 and 15 were given 3 marks for Agree, 2 marks for Undecided and 1 mark for Disagree, while statements No. 11, 12 and 14 were given 1 mark for Agree, 2 marks for Undecided and 3 marks for Disagree. Percentage statistical method was used to analyse the information on the effects of lockdown on the mental abilities of school students. The results of this study showed that during lockdown, often without any reason, stress, sadness, anxiety, anger, aggression, health related concerns, worry about the future, feeling uncomfortable due to lack of social interaction, studies getting badly affected, feeling uncomfortable talking to strangers, developing negative thoughts about oneself and negative impact on overall mental health were seen. The researcher suggests that students should be trained to protect themselves during such disasters and to deal with situations like lockdown.

Keywords: Lockdown, Mental Abilities, Students

Introduction:

Mental ability is actually dependent on mental health, a person with mental health has good mental ability, and mental ability is also related to physical ability. A partial but tangible component of the body is the human mind. Every human body has a mind. The body and mind cannot be separated from each other. The mind and body are interdependent or related and they affect each other. A healthy body has a healthy mind. Various disorders are created in the human mind. Many hopes and aspirations arise in the human mind. If these hopes and aspirations of a person are fulfilled, it is good, otherwise many stresses and strains are created in the human mind and this mental stress affects the physical health of a person. This includes high blood pressure, high blood pressure in those who do not have a genetic history of diabetes, diabetes is a part of mental health, etc. It has been proven through research today that physical diseases are the result

of mental stress. The whole world is suffering from Corona or (Covid-19). Lockdown is one of the many measures taken by all countries to prevent this infectious disease. Due to the lockdown, physical activities of all people stopped, and students were not excluded from it. The lockdown not only affected the education of students but also their physical and mental health. Did the lockdown really affect mental health? The researcher felt the need for this research to find out. Hence, this research was conducted.

Methodology:

In this research work, one hundred twenty-five students were selected as subjects from School of Scholars Amravati, Dist. Amravati. Whose age was between 11 to 14 years. Purpose sampling method was used to select the subjects, by which students of 2021-22 session were selected. A self-made questionnaire was used to see the effects of lockdown on the mental abilities of these subjects. This questionnaire consisted of a total of 15 questions. In this questionnaire, three options were given, namely Agree, Undecided and Disagree. Statements No. 1 to 10 and 13 and 15 were given 3 marks for Agree, 2 marks for Undecided and 1 mark for Disagree, while statements No. 11, 12 and 14 were given 1 mark for Agree, 2 marks for Undecided and 3 marks for Disagree.

Statistical Techniques:

Percentage statistical method was used to analyse the information on the effects of lockdown on the mental abilities of school students.

Table No.1: Table showing the impact of lockdown on the mental abilities of school students

**Agree= A, Undecided=U, Disagree= D

Sr. No.	Statements	A	%	U	%	D	%	Total
1	Did you often feel stressed without any reason during the lockdown?	84	67.20	15	12.00	26	20.80	125
2	Did you feel depressed during the lockdown?	85	68.00	12	9.60	28	22.40	125
3	Did you feel more anxious during the lockdown?	99	79.20	7	5.60	19	15.20	125
4	Did you feel angry at yourself during the lockdown?	39	31.20	35	28.00	51	40.80	125
5	Did you feel aggressive during the lockdown?	74	59.20	13	10.40	38	30.40	125
6	Did you feel angry at others during the lockdown?	38	30.40	22	17.60	65	52.00	125
7	Did you feel worried about your health during the lockdown?	88	70.40	11	8.80	26	20.80	125
8	Did you feel worried about the future due to the pandemic?	97	77.60	8	6.40	20	16.00	125
9	Did you feel uncomfortable because you were deprived of meeting others due to the lockdown?	102	81.60	7	5.60	16	12.80	125
10	Did you feel that things would never return to normal due to the lockdown?	59	47.20	24	19.20	42	33.60	125
11	Did you feel that your studies were being	84	67.20	6	4.80	35	28.00	125

Sr. No.	Statements	A	%	U	%	D	%	Total
	seriously affected due to the lockdown?							
12	Were your friends or relatives willing to help you during the lockdown?	81	64.80	13	10.40	31	24.80	125
13	Did you feel uncomfortable interacting with strangers during the lockdown?	88	70.40	7	5.60	30	24.00	125
14	Do you feel that you are able to adapt to different situations like the lockdown?	31	24.80	15	12.00	79	63.20	125
15	Did you think negatively about yourself during the lockdown?	80	64.00	16	12.80	29	23.20	125

In the above table no. 1 closer look at the 1st part of the study reveals that, the incidence of feeling stressed often without any reason during lockdown is 67.20%, the incidence of feeling depressed during lockdown is 68.00%, the incidence of anxiety during lockdown is 79.20%, the incidence of feeling angry at self during lockdown is 31.20%, the incidence of feeling aggressive during lockdown is 59.20%, the incidence of feeling angry at others during lockdown is 30.40%, the incidence of health anxiety during lockdown is 70.40%, the incidence of worrying about the future due to the pandemic is 77.60%, the incidence of feeling uncomfortable due to being deprived of socializing with others due to lockdown is 81.60%, the incidence of fearing that things will never go back to normal due to lockdown is 47.20%, the incidence of feeling that studies were severely affected due to lockdown is 67.20%, the incidence of friends or relatives being ready to help during lockdown is 64.80%, The percentage of feeling uncomfortable in talking to strangers was 70.40%, the percentage of being able to adapt to different situations like lockdown was 24.80%, and the percentage of thinking negatively about oneself during lockdown was 64.00%.

Discussion:

The results of this study are in line with the results of some other studies that concluded that lockdown has a negative impact on the mental abilities of school students, Singh, S. et. al. (2020), The study found that there is an urgent need to implement comprehensive, evidence-based interventions, planning and strategies to address the psychosocial and mental health needs of vulnerable children and adolescents during and after the pandemic. There is a need to improve access to mental health support services for children and adolescents. Elmer, et. al. (2020) found that interaction and co-study networks were sparse and students were more likely to study alone. They also reported higher levels of stress, anxiety, loneliness, and depression compared to before the crisis. Stressed people were more likely to fear losing their social lives, as well as worry about their health, family, friends, and their future. Exploratory analyses suggested that COVID-19-specific anxiety, disruption of social networks, lack of interpersonal communication, emotional support, and physical inactivity were associated with negative mental health. Female students were found to have worse mental health when controlling for social isolation and various levels of COVID-19-related stress. Almhdawia, et. al. 2020 study found that health care students in Jordan experienced poor health outcomes during the

COVID-19 pandemic. A study conducted Kenioua, & Krine, in 2020 found that there was no statistically significant difference in the mental health of students before and during the lockdown period among variables dependent on educational level. There was a statistically significant difference in the mental health of students before and during the lockdown period among variables dependent on city. A study conducted Moghe, et. al. (2021), found that female students were more concerned about their health and future, while male students were more prone to mental health issues such as uncertainty, helplessness, and outbursts. Urban students were more affected by mental health issues than rural students. However, despite differences in infrastructure and resources, the amount of time spent on the internet was almost the same. Also, loneliness, neediness, and self-harm were found to be important issues among male students. Based on the results obtained, it was concluded that there has been an overall increase in awareness of mental health among students. Programs/strategies that focus on background and gender can make significant improvements. Giuntella, O. et. al. (2021), A study conducted that the proportion of people at risk of depression during the pandemic ranged from 46:1 to 61:1, with rates of depression increasing by up to 90:1 compared to the same population just before the pandemic. The researchers' analysis suggests that physical activity disruptions have emerged as a major risk factor for depression during the pandemic. The depression that has developed is not associated with meaningful improvements in mental health despite short-term efforts. A study conducted Kacie, (2021), found that mental health issues in the United States are more prevalent than ever before and need to be addressed. Researchers have determined that physical activity is associated with improved mental health in students. Regular physical activity, whether it is in physical education class or on the students' own, reduces stress, anxiety, depression, and increases self-esteem.

Conclusion:

The results of this study showed that during lockdown, often without any reason, stress, sadness, anxiety, anger, aggression, health related concerns, worry about the future, feeling uncomfortable due to lack of social interaction, studies getting badly affected, feeling uncomfortable talking to strangers, developing negative thoughts about oneself and negative impact on overall mental health were seen. The researcher suggests that students should be trained to protect themselves during such disasters and to deal with situations like lockdown.

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