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Impact Of COVID-19 Lockdown on Mental Health in Students

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ABSTRACT

A widespread panic has been caused all around the world after the deceleration of COVID-19, as a global pandemic. A multitude of psychological complications have been reported so far which have a major effect on human beings' mental health. **Objective:** The main intention of the study is to evaluate the crucial factors pertaining to the COVID-19 lockdown in COVID-19 and to have a clear comprehension of the impact related to these factors on psychological health and overall student well-being. **Methods:** It was a cross-sectional study which was performed from the University of the Lahore, Pakistan. A non-probability convenient sampling methodology was utilized to select over 100 students. The participants under study were assessed via a specified questionnaire. The entire study was completed in over four months, from January to April. For the purpose of Data Analysis, SPSS 21.0 software framework was utilized. From the 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. **Results:** 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. **Conclusion:** Various co- and extra-curricular activities and software applications are beneficial for to improve mental health care to some extent, most prominently in circumstances, including scenarios developed by the COVID outbreak, the subjective students involved in this study demonstrated mild to moderate affinity towards anxiety, depression, and stress.

INTRODUCTION

Infecting all humans and a wide range of animals, the coronaviruses are described as large enveloped RNA viruses with positive single-stranded genome. Back in 1966, Tyrell and Bynoe were the two scientists who first discovered the coronaviruses, cultivating these viruses from different patients affected with common cold. The term coronavirus was coined from a Latin word meaning, crown and was because of the morphological characteristics of the virus resembled a solar corona [1]. The most recent threat to public health is indeed the



continuing outbreak of the respiratory complicated Coronavirus Disease 2019 (COVID-19). Recognized back in December 2019, the COVID-19 showed structural similarities with the previously discovered Severe Acute Respiratory Syndrome (SARS). The Covid-19 pandemic, like the two previous outbreaks of coronavirus disease in the last 18 years, SARS (2002 and 2003) and Middle East respiratory syndrome (MERS) (2012 to current), has brought up significant impediments for the healthcare system, research, and medical societies [2]. The progressive Covid-19 infection episode is a global catastrophe, with its rapid expansion and high rate of death causing major discrepancies. Patients suffering with COVID-19 can develop pneumonia like symptoms followed up by Acute Respiratory Distress Syndrome (ARDS), and organ failure. Mostly in serious COVID cases, lymphopenia is considered to be a major component related to patients with COVID-19. When authenticated, the patients suffering from COVID-19 have been reported to demonstrate lymphopenia, showcasing a crucial indicator for extremely affected patients [3]. Fever, fatigue, and dry hack are considered to be other essential impacts of COVID-19. Furthermore, medical personnel and a couple of doctors present in the highly affected areas have identified a couple of patients with no signs of respiratory complications, while their report also described the presence of neurological complexities, for instance headache, discomfort, drowsiness, and unstable strolling. Over 36.4% of patients displayed neurological symptoms such as migraine, confusion, severe cerebrovascular illnesses, and impaired conscience [4]. COVID-19 patients frequently report hyposmia and anosmia. Using only a quantifiable and objective assessment, nearly half of the individuals were discovered to be anosmic, with the remaining 40% hyposmic [5]. Anti-inflammatory substances must be prevented by people who have COVID-19. Taking anti-inflammatory medications, such as ibuprofen and cortisone may aggravate the infection, whereas, paracetamol is advised for fever [6]. The WHO has also expressed concern about the pandemic's societal and psychological consequences. It is hypothesised that novel initiatives such as self-containment and quarantine have had an effect on people's regular activities, schedules, and jobs, potentially leading to an increase in depression, anxiety, despair, lack of sleep, unheal thful liquor and medication use, and self-harm or self-destructive behaviour [7]. The estimated prevalence of depression varied from 14.6% to 48.3%. Even though the observed rates are much higher than originally expected one-year incidence rate of depression in the population prior to the pandemic, being 3.6% to 7.2% [8, 9]. Quarantine can lead to negative consequences, including emotions of insecurity, frustration, anxiousness, and distress about the worst-case scenario, loneliness and isolation, and remorse for not being there for family. All of these concerns can resurface with reignited ferocity in a person who has previously experienced a psychological condition, leading to PTSD or even thoughts of suicide and attempts. Anxiousness can be so debilitating that it can lead to paranoid delusions and nihilistic delirium [10]. Because of the virus's fear of infestation or fatality. As a result, many people are experiencing anxiety symptoms, rage, uncertainty, and post-traumatic illnesses. According to research, locational separation, self-isolation, quarantine, societal and economic disunity, and ignorance are all factors leading to effected community. Suicidal ideation and attempts may happen in severe instances, while in a few situations, suicide may happen [11]. Academic institutions, government controlled administrations, financial institutions, and understudy loan entities should assist graduate students in various aspects, including direct case support and temporary suspension of credit instalments [12]. During the COVID-19 pandemic, the vast majority of students unanimously agreed to limit their outings and gatherings [13]. Levels of activity were generally lower during the quarantine time frame. Members discovered that the number of days of the seven-day stretch of usually real work decreased by 24% during the lockdown period. The percentage of minutes spent doing actual work per day decreased by 33.5%, while participants' sitting time increased by 5-8 hours [14]. The COVID-19 virus outbreak is affecting numerous alterations in people's daily lives all over the world, but there are some things that can be done to keep a health conscious style of life throughout these tough moments, such as eating a proper diet during the COVID pandemic. It is challenging to emulate any of the physical activities as effectively as previously during the quarantine duration. Appropriate sleep is required for digestion and immunity during the lockdown period. Diet planning and governance are important aspects of better health. Thus, diet management is the most important

element during the COVID-19 pandemic [15]. The study's goal was to determine the repercussions of the COVID-19 lockdown on students' psychological health. Distress, anxiousness, frustration, and sleeplessness were all present in 31.4 percent, 31.9 percent, 41.1 percent, and 37.9 percent of the population, 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).

METHODS

It was a cross-sectional study which was performed from the University of the Lahore, Pakistan. A non-probability convenient sampling methodology was utilized to select over 100 students. The participants under study were assessed via a specified questionnaire. The entire study was completed in over four months, from January to April. For the purpose of Data Analysis, SPSS 21.0 software framework was utilized. From the 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.

RESULTS

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

Table 1: Handling Personal Problems

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.

Sr No.	Effect of lockdown related to mental health	Not at all	Several days	Nearly everyday	Total
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 of 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

Table 2: Effect of Lockdown Related to Mental Health

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 of death or of self-harm, 2 of them always felt cheerful and in good spirits over the past two weeks.

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

Table 3: Comfort during lockdown

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.

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

Table 4: Academic Issues

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

DISCUSSION

Based on the results, it was demonstrated that out of 100 students, a total of seven individuals felt depressed. Similar findings were reported in 2020 by Sayeed A, Kundu S, MH Al Banna & MT Hasan. *et al.* According to their research, 61.97% students showed mild to severe effects pertaining to depression [19]. Another study reported 64.41% students had moderate to extreme depressive symptoms [20]. Our research demonstrated that 44 out of 100 students had feelings of being stressed out. According to Sayeed A, Kundu S, MH Al Banna & MT Hasan *et al.*, 57.05% individuals exhibited severe stress levels. 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% individuals reported mild to extremely severe anxiety symptoms [19]. 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 [20].

CONCLUSIONS

The effect of covid-19 quarantine has resulted in a high prevalence of negative mental conditions. Anxiousness, distress, aggravation, and PTSD are all symptoms of severe depression. An integration of governmental regulations that consolidates viral risk prevention with provisions to mitigate psychological health hazards is desperately required.

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