

THE IMPACT OF ONLINE EDUCATION ON MENTAL HEALTH AMONG SCHOOL STUDENTS DURING COVID-19 PANDEMIC

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Abstract

The coronavirus pandemic has been responsible for millions of infections globally, affecting almost every sector across the world. COVID-19 disrupted academic year, educational institutions are coming up with better methods, as complementary to traditional Indian classroom education system is shifting the paradigm towards online education. The nationwide lockdown that was imposed, in hopes to contain the virus, resulted in schools and colleges being closed across the country affecting over 500 million students. In order to continue with classes, institutions are focussing on e-learning methods of learning on digital platforms. However, the psychological consequences of students, such as frustration, loneliness, and worries about the future are well-known risk factors for several mental disorders, including stress, anxiety and depression.

The current study assesses rates of mental health outcomes in the school students in Kerala, three to 4 weeks into lockdown measures and explores the impact of COVID-19 related potential risk factor like Depression. The survey will give us the opportunity to describe the impact of the pandemic online education on the mental health (Depression) of school students in Kerala. In fact, the results will help to develop appropriate interventions for managing the psychosocial consequences of school students in online education system during covid-19 pandemic scenario in Kerala.

Keywords: Depression, Online Education, Covid-19

Introduction

The world is currently in the grip of the coronavirus (COVID-19) pandemic. The World Health Organization declared the outbreak a public health emergency of international concern. But with rising numbers of cases and fatalities, prolonged quarantines, substantial restrictions on public life and economic downturn, mental health problems are likely to rise exponentially. The COVID-19 pandemic and its related containment measures—mainly physical distancing and isolation, are having detrimental consequences on the mental health of the general population worldwide. Mental health services worldwide are not prepared yet to manage the short- and long-term consequences of the pandemic. In order to reduce the spread of the virus, national and international bodies and institutions have ordered quarantine, physical distancing, and isolation almost everywhere in the world.

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Statement of the problem

The purpose of the study was to assess the impact of online education on mental health among school students during covid-19 pandemic scenario in Kerala.

Delimitations

- The study delimited to 2 districts - Thrissur and Ernakulam
- The study will be delimited to 100 students below the age of 13 - 18 years.
- This study will be further delimited to the psychological variable such as depression only.

Limitations

The study will be conducted with the following limitations

- Social culture and economic status of the students will be taken as a limitation of this study.
- Heredity and environment factors which contribute to psychological factors will also be considered as a limitation.
- Questionnaire is its limitation as such as biases that might have kept into subjects response on this account was considered as the limitation of the study.
- Another possible limitation of our study is the choice to use a web-based online survey, which may have limited the participation of students not having access to the Internet or not familiar with online tools.

Objectives of the study

- To find out the impact of online education on mental health among school students during covid-19 pandemic scenario in Kerala.

Hypothesis

- Possibly there should be a significant negative impact on mental health of students during covid-19 pandemic online education.

Significance of the study

- The study would help to identify the depression level of the school students.
- The study will help to develop appropriate interventions for managing the psychosocial consequences of school students in online education system during covid-19 pandemic scenario in Kerala.
- The result of the study would show the importance of Psychological studies in school education system.

Mental health

“Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community.”

WHO**Depression**

Depression is a group of conditions associated with the elevation or lowering of a person's mood, such as depression.

Selection of tool

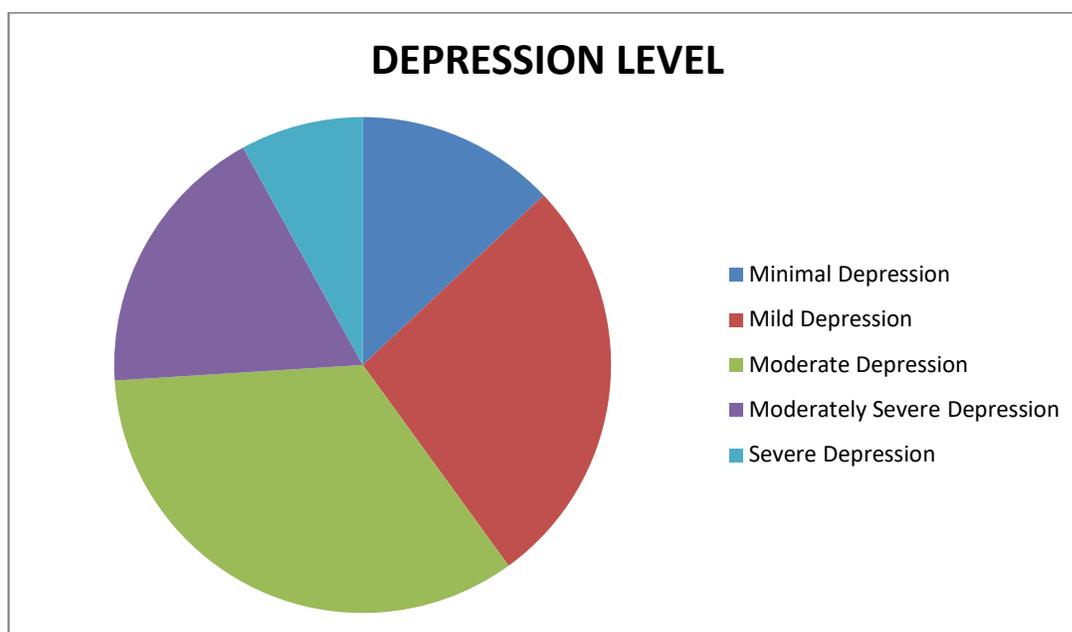
Variable	Questionnaire used	Source
Depression	Patient Health Questionnaire (PHQ-9)	Drs. Robert L Spritzer, Janet B.W.Williams, Kurt Kroenke and Colleagues

Statistical Technique Employed

The information sought through the questionnaire were classified with respect to frequencies and other descriptive measures. The percentage analysis was employed to describe the relative Mental Health like Depression.

ANALYSIS OF DATA AND RESULTS OF THE STUDY

	DEPRESSION LEVEL				
	Minimal Depression	Mild Depression	Moderate Depression	Moderately Severe Depression	Severe Depression
N	13	27	34	18	8

**CONCLUSIONS**

On March 24, the lockdown status has been declared by the Indian government. This status included the definition of specific containment and quarantine measures, such as the interdiction of all public meetings and strict movement restrictions (possibility to go out only for working, serious health reasons, or other urgent needs). During the pandemic situation the educational institutions are implemented online education and that sudden change widely influences the student's depression level especially school students. There should be a significant negative impact on mental health of students during covid-19 pandemic online education.

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