



Surge of Mental Health Issues amid Covid Crisis

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1. ABSTRACT

The COVID-19 pandemic is a major health crisis that has changed the life of many people globally. Due to quarantine, most people need to stay indoors all the time which resulted in a change in their lifestyle which in turn led to mental instability and anxiety, the false information on social media and lack of knowledge about COVID-19 has led to fear of the disease. Reports have stated most people have faced psychological distress and symptoms of depression, anxiety, or post-traumatic stress. Financial misery was also a key correlate of poorer intellectual fitness. With the extended school and university closures, young people had been left with social isolation and disconnectedness which fuelled feelings of anxiety, uncertainty, and loneliness and led to affective and behavioural problems. In the covid 19 crisis, the risk factors associated with poor mental health issues have increased-financial insecurity, and unemployment, fear-while protective factors like social connections, employment, educational engagement, access to physical activities, daily routines, and access to health services decreased. In response, an unprecedented and significant change, worsen the population's mental health. Across countries, unemployment and financial insecurity were associated with worse mental health than the general population - a trend that predates the pandemic but has become more pronounced since it began. Mental health issues arose in COVID-19 mostly due to belief in such false information. Mental health issues can be avoided and minimized by having faith in doctors and maintaining a positive attitude. As a result of the COVID-19 crisis, many countries developed mental health information and/or phone support lines that offered tips, while others increased entitlement to mental health services and/or funding.

2. INTRODUCTION

An infectious disease, the Coronavirus disease (COVID-19) is caused by the SARS-CoV-2 virus. It is a global public health emergency of major concern, first emerged on December 31, 2019, in Wuhan, China. It has since spread to become a pandemic, affecting nations all over the world spread to 24 countries outside of China. More than 720,000 confirmed cases and 33,000 deaths directly related to this illness had been reported as of March 30th, 2020. Addressing mental health issues has become the need of the hour, especially after the impact of COVID-19 has come to light. Public mental health issues have been reported in China, Japan, and Wuhan as a result of the COVID-19 outbreak. In 2020, the pandemic was predicted to create an additional 76.2 million instances of mental illnesses and 53.2 million cases of serious depressive disorders. According to the survey, the prevalence of these illnesses has increased by roughly 35% in India. This surge is primarily caused by the exceptional stress brought about by the epidemic's social isolation. People were restricted from working, asking for support from loved ones, and participating in their communities due to these restrictions. One in seven 15 to 24-year-olds in India, according to the UNICEF report, frequently feel depressed or have little interest in doing things.

The pandemic has also put more stress on women at home; according to one fast evaluation, 45% of women have either been directly or indirectly affected by violence. Based on a thorough analysis of the available data regarding COVID-19's effects on mental health and mental health services, as well as estimates from the Global Burden of Disease study, the brief demonstrates how the pandemic has impacted mental health and how young people are disproportionately more likely to commit suicide and harm themselves. Additionally, research shows that women have experienced a greater degree of hardship than men and those persons with pre-existing physical illnesses, such as heart disease, cancer, or asthma, were more likely to experience the symptoms of mental disorders. The data indicate that people with mental illnesses are not more likely to contract COVID-19. However, compared to people without mental illnesses, these individuals have a higher risk of hospitalisation, severe illness, and death when they do contract the infection. Young people with mental problems and those who have the most severe mental disorders are particularly at risk. The prevalence Date 2023-01-07 Words 761 Characters 5018 Page 1 of 2 of psychological issues is rising at the same time that there have been significant interruptions to mental health care, creating major gaps in care for people who most need it. As reported by WHO Member States, mental, neurological, and substance use disorders were most affected by the pandemic. Numerous nations have reported significant interruptions in care for mental health, particularly those that prevent suicide. Though things had improved somewhat by 2021, there are still too many people today who cannot access the care and support they require for mental health ailments both preexisting and newly developed.

3. LITERATURE SURVEY

3.1. Mental health problems and social media exposure during COVID-19 outbreak

	N(%)	Social media exposure			P value
		Less	Sometimes	Frequently	
Overall	4827(100)	424(8.8:8.0-9.6)	444(9.2:8.4-10.0)	3959(82.0:80.9-83.1)	
Gender					
Male	1560(32.3)	161(10.3:8.9-11.9)	176(11.3:9.8-13.0)	1223(78.4:76.3-80.3)	<0.001
Female	3267(67.7)	263(8.1:7.2-9.0)	268(8.2:7.3-9.2)	2736(83.8:82.4-85.0)	
Age(years)					
-20	256(5.3)	11(4.3:2.2-7.6)	14(5.5:3.0-9.0)	231(90.2:85.9-93.6)	<0.001
21-30	2312(47.9)	120(5.2:4.3-6.2)	150(6.5:5.5-7.6)	2042(88.3:86.9-89.6)	
31-40	1288(26.9)	124(9.6:8.1-11.4)	144(11.2:9.5-13.0)	1020(79.2:76.9-81.4)	
41-50	749(15.5)	120(16.0:13.5-18.8)	109(14.6:12.1-17.3)	520(69.4:66.0-72.7)	
51-	222(4.6)	49(22.1:16.8-28.1)	27(12.2:8.2-17.2)	146(65.8:59.1-72.0)	

Fig. 1. Participants characteristics and social media exposure

A study was conducted for people aged above 18 years from autonomous regions and 31 provinces. There was a huge prevalence of CDA (combination of depression and anxiety). Huge social media exposer (SME) was found in most of the people. Positive association of SME was found with anxiety and depression during the COVID-19 outbreak. Depression is assessed and examined by the five worded components, where people are told to reflect the presence and absence of the symptoms. Anxiety is assessed and examined by the 7 symptoms, where people are told to rate their feelings of positive and negative in 6-point scale. By the statistical analysis using logistic regression, presence of depression, anxiety and combination of depression and anxiety is found out. In conclusion, this paper explains about the mental health problems associated with SME during COVID-19 breakouts.

3.2. The influence of parenting styles and parental depression on adolescent depressive symptoms: A cross-sectional and longitudinal approach

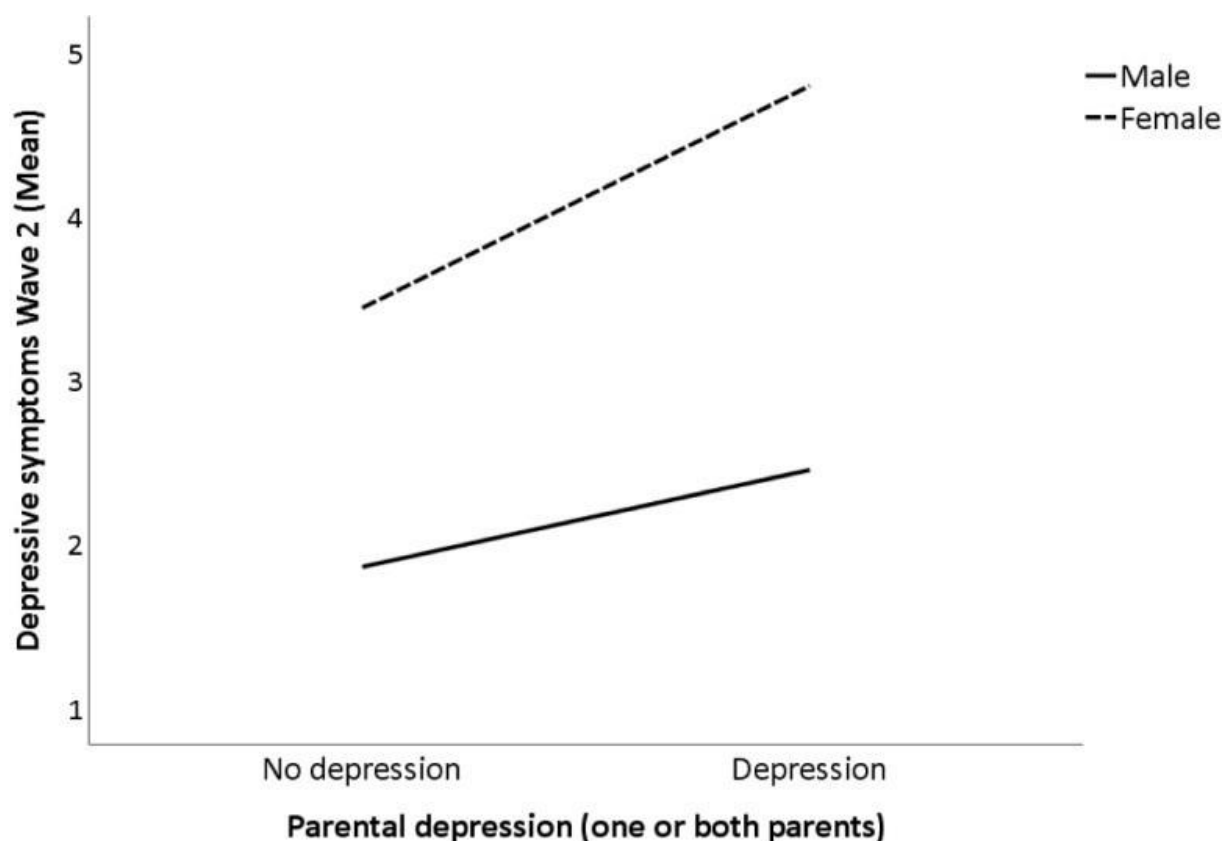


Fig.2. Depressive symptoms in wave2 and parental depression divided by sex of the adolescents.

Emerging at early adolescence, depression has become a common problem. A cross-sectional and a longitudinal approach is used in this study to investigate the parenting styles and parental depression of adolescents and young adults. It is concluded with effects of positive parenting style, with structure and autonomy, support on a long term in the middle and late adolescence (16 to 18 years of age).

3.3. Mental Health Issues in the COVID-19 Pandemic and Responses in Bangladesh: Viewpoint of Media Reporting

The study examined the reporting of mental health issues during the COVID-19 pandemic in Bangladesh. The work reviewed articles published in 10 local newspapers, including seven Bangla and three English newspapers, during the first year of the COVID-19 pandemic. It undertook a mixed methods analysis which documented the number of publications of mental health related stories and then assigned to themes such as Mental Stress due to COVID-19, Suicidal Behaviour during COVID-19, Impacts on Working Women and their Families, Mental Health Support/Advice shared by Other Non-government Organizations/Institutes or Mental Health Experts. The work noted that the media's portrayal of the mental health consequences of the pandemic could itself have an adverse or positive impact on mental health.

3.4. Impact of COVID-19 pandemic on mental health in the general population: A systematic review.

The objective of this systematic review is to summarize extant literature that reported on the prevalence of symptoms of depression, anxiety, PTSD, and other forms of psychological distress in the general population during the COVID-19 pandemic. An additional objective was to identify factors that are associated with psychological distress. Relatively high rates of symptoms of anxiety (6.33% to 50.9%), depression (14.6% to 48.3%), post-traumatic stress disorder (7% to 53.8%), psychological distress (34.43% to 38%), and stress (8.1% to 81.9%) are reported in the general population during the COVID-19 pandemic in China, Spain, Italy, Iran, the US, Turkey, Nepal, and Denmark. McIntyre and Lee (2020b) have reported a projected increase in suicide from 418 to 2114 in Canadian suicide cases associated with joblessness. The foregoing result (i.e., rising trajectory of suicide) was also reported in the USA, Pakistan, India, France, Germany, and Italy

3.5. Mental health of students amidst the COVID-19 pandemic: An empirical study

This paper is a research article in which a deductive reasoning approach was employed, together with a self-administered questionnaire survey which received 387 responses students aged over 18 years. It states that depression was based on employment anxiety, financial worries and also due to lack of knowledge on covid19. The work used structural equation modeling (SEM) via AMOS to analyze the results. The research findings reveal the importance of implementing different coping strategies that will take care of students' mental health and keep them positive throughout the crisis.

3.6. COVID-19 and mental health: A review of the existing literature

Author	Country of origin	Population(s) studied	Methodology	Study instruments	Results
Wang et al., 2020	China	General population (n = 1210)	Online survey	Depression, Anxiety and Stress Scale (DASS-21); Impact of Event Scale-Revised (IES-R)	16.5% moderate to severe depressive symptoms; 28.8% moderate to severe anxiety symptoms; 8.1% moderate to severe stress
Xiao et al., 2020a	China	Medical staff treating patients with COVID-19 (n = 180)	Cross-sectional, self-rated questionnaire	Self-Rating Anxiety Scale (SAS); General Self-Efficiency Scale (SES); Stanford Acute Stress Reaction Questionnaire (SASR); Pittsburgh Sleep Quality Index (PSQI); Social Support Rate Scale (SSRS)	Mean anxiety scores 55.3 ± 14.2; anxiety positively correlated with stress and negatively with sleep quality, social support and self-efficiency (p < .05, all correlations)
Li et al., 2020	China	General public (n = 214); front-line nurses (n = 234); non-front line nurse (n = 292)	Cross-sectional, self-rated survey using a mobile app	Chinese version of the Vicarious Traumatization Scale	Traumatization related to COVID-19 higher among non-front line than front-line nurses (p < .001);

Fig. 3. Survey details of people

This paper is a review of various articles published from different geographies. There were two publications each from Iran and Canada; one each from Brazil, Singapore, India and Japan; and two publications with no specified country of origin. The COVID-19 pandemic is a major health crisis affecting several nations, with over 720,000 cases and 33,000 confirmed deaths reported to date.

Such widespread outbreaks are associated with adverse mental health consequences. A total of 47 citations were retrieved. 19 articles were excluded. The remaining 28 articles were included in this review. Five broad themes were identified across the 26 publications, and were used to organize the review: (a) observational studies reporting on mental health symptoms in particular populations, (b) commentary and correspondence broadly addressing the psychological impact of COVID-19 on the

population, (c) commentary and correspondence addressing the impact of COVID-19 on healthcare workers, (d) commentary and correspondence specifically related to high-risk or vulnerable populations, and (e) commentary and correspondence related to methods of delivering mental health care during the COVID-19 outbreak.

3.7. Depression and anxiety among quarantined population during the COVID-19 outbreak in central Ethiopia

This paper is a research article where the novel Coronavirus which is identified in Ethiopia and poses a huge threat to human health and huge impact on the mental health causing different degrees of psychological problems. The cross-sectional study was conducted on people who participated in the quarantine. The data collection tools, procedure, management and analysis are conducted based on the structured questionnaire containing data on socio-demographic, quarantine and clinical factors, psycho-social and substance-related factors was used to collect information from the participants. These were relevant factors that have been relatively linked with anxiety and depression in quarantine people during COVID-19. Hospital Anxiety and Depression Scale (HADS) consists of 14 items in the questionnaire for the screening purpose of the quarantined people. Factors associated with anxiety and depression undergoes further analysis like bivariate analysis and multivariate analysis. The presence of the listed factors and symptoms with people, it can be concluded that to mitigate the mental health problems with the quarantined people during COVID-19.

3.8. Evaluation of the Fear of COVID-19 and State-Trait Anxiety Levels of Parents Taking Their Child to Hospital with Suspected COVID-19

This paper is a research paper was conducted to determine the relationship between fear and anxiety in parents who suspects the COVID-19 symptoms on their child. Data were collected using the Personal Information Form, COVID-19 Fear Scale and State-Trait Anxiety Scale and analysis is performed with SPSS (ver:23.0) software in computer environment. The factors considered are age, working/non-working, gender of the parent, village/town/city they live-in. From the result, it was determined that the mean Trait Anxiety Score of mothers and working parents was higher than the mean score of fathers and non-working parents and was statistically significant. As a result of study, the fear and anxiety levels of parents are monitored during the COVID-19 outbreak.

3.9. The impact of Covid-19 on students' mental health

To find out what influences students' mental health during the COVID-19, study has been done.. The research is quantitative in nature. The structured questionnaire has been prepared to collect the data from 250 Bangladeshi students through a personal interview method using a 7-point Likert scale. Data were gathered for the study using a convenience sample technique, and SPSS 25.0 was utilised to analyse the results.

The study discovered that during the Covid-19 pandemic crisis, economic reasons, social issues, and educational aspects all significantly affected the mental health of the pupils.

In terms of the students' mental health during the pandemic crisis, the study is constrained by its geographical scope and sample size.

This study will help a wide range of people by providing them with a thorough understanding of the pupils' mental health amid the pandemic condition. Educational institutions, teachers, psychologists, behavioral therapists, social researchers, politicians, legal agencies, and others that are engaged in the education sector will be fruitful by this study's outputs. Having a good understanding of

students' mental health during the Covid-19 pandemic will help governments and governmental organisations plan and promote their initiatives and policies

3.10. Impact of COVID-19 on Public Mental Health and the Buffering Effect of a Sense of Coherence

It is a well-known fact that pandemic has greatly affected the mental health and the survey shows around 16-18% of the people dealing with various mental health issues like anxiety and depression. It shows that women, children and young adults are more prone to show the signs. Additionally, it's critical to pinpoint the elements that affect how the pandemic stress response is regulated.

Sense of coherence (SOC) has already been identified as a crucial resistance component. The study assessed psychopathological symptoms and SOC before and after the COVID as well as COVID related traumatic distress in Germany. The result shows about 10% clinically significant increase in psychopathological symptoms and 15% met cut-off criteria for COVID-19-related traumatic distress

3.11. Impact of COVID-19 on mental health: A quantitative analysis of anxiety and depression based on regular life and internet use

Impact of covid-19 on regular lifestyle of people is seen. Different age groups, genders and different professions are taken as constraints. According to a survey conducted in pandemic based on usage of internet and mental health, it is seen that productivity in a day is decreased, half of people are depressed which give rise to new problems such as anger, loss of appetite, lack of sleep and anxiety. Communication gap is seen due to active internet usage.

3.12. Lifestyle and mental health disruptions during COVID-19

It has been seen that COVID-19 has tightened the link between lifestyle behaviours and depression. There is a dramatic change in physical activity, sleep, time use, and mental health. The survey has been conducted on young adults before and during pandemic (N=682). Average daily steps decrease from 10,000 to 4,600 at the start of the epidemic, while sleep increases by 25 to 30 minutes each night, socialisation time decreases by more than half to less than 30 minutes, and screen time more than doubles to more than 5 hours per day. Over the course of the pandemic from March to July 2020 the proportion of participants at risk for clinical depression ranges from 46% to 61%, up to a 90% In comparison to the same population just before the pandemic, depression rates have increased.

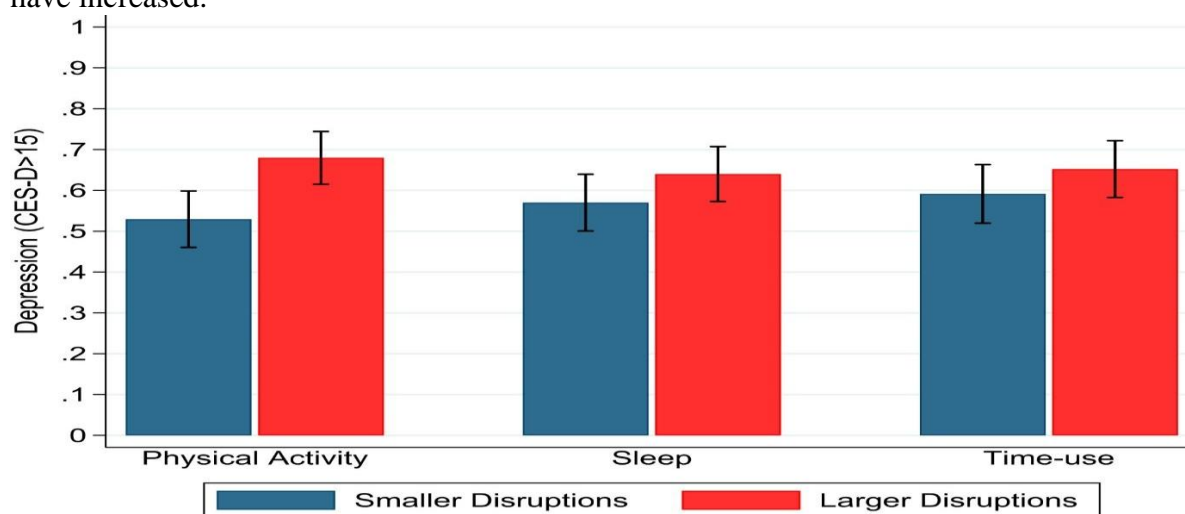


Fig.4. Habit disruptions and depression.

The figure reports the proportion of individuals reporting clinical depression (CES-D>15) below (smaller disruptions) and above (larger disruptions) median change in physical activity (steps and active minutes), sleep. Bars indicate 95% confidence intervals.

3.13. Prevalence, risk factors and clinical correlates of depression in quarantined population during the COVID-19 outbreak

Due to lockdown in covid-19, many changes in mental health such as depression is seen. Here, research on PTSS (post-traumatic stress symptoms), depression, anxiety, and sleep quality is seen. We observe that the people in depression are youth, unmarried and educated. Depressed people had more anxiety, poor sleep quality and stress than non-depressed groupoidal a result of quarantine during covid-19, people are prone to depression.

3.14. Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study

Student mental health issue in higher education is an increasing concern. The COVID-19 pandemic situation has renewed attention on this susceptible demographic.. The survey was conducted 195 students at public university in the US to study the effect of mental health and well-being. Mental health can affect students' motivation, concentration and social skills which are crucial factors for students to succeed in higher education. The process to access is both quantitatively and qualitatively and interviews are done to see the coping mechanism for anxiety and stress.

Various factors like increased class workload, financial problems, concerns about academic performances, sleep disruption etc are seen as major factors for stress and anxiety among students.

3.15. Strengthening mental health responses to COVID-19 in the Americas: A health policy analysis and recommendations

It has been seen that pandemic has created an adverse impact on mental health of major population of north and South America, coupled with the severe disruption of mental health services. Prioritizing mental health before the epidemic has hampered effective responses to the high level of mental health requirements that are currently being met. In tis health policy paper, we examine the effect of covid on mental health of population, system and services of America. The serve shows the rise in disorders and suicidal tendencies. The doctors , front line officials and caregivers have faced mental health challenges a lot i.e. 85% of caregivers surveyed in Colombia, Costa Rica, El Salvador, and Peru reported at least one symptom of deteriorated mental health during the pandemic, including feeling sad (48%), fearful (60%) and having insomnia (59%).

Table: Key disruptions in services for mental, neurological and substance use(MNS) disorders resulting from COVID-19: Comparison of Rounds 1 and 2 of the WHO national pulse surveyon continuity of essential health services during the COVID-19 Pandemic

Type of MNS service	% of countries experiencing disruption (proportion of responding countries experiencing disruption)	
	Round 1: May- July 2020	Round 2: January- March 2021
Management of MNS emergency manifestations	44% (11/25)	52% (12/23)
Counselling for MNS disorders	61% (17/28)	71% (17/24)
Prescriptions for MNS disorder medicines	41% (11/27)	48% (11/23)

Services for children and adolescents with mental health conditions/disabilities	69% (18/26)	62% (13/21)
Services for older adults with mental health conditions/disabilities	62% (16/26)	67% (14/21)
School mental health programs	80% (20/25)	69% (9/13)
Suicide prevention programs	62% (13/21)	57% (8/14)
Overdose prevention and management programs	67% (10/15)	50% (3/6)
Critical harm reduction services	75% (12/16)	50% (3/6)

4. HYPOTHESIS

4.1. Employment anxiety and depression



Fig.5. Employment anxiety

Employment anxiety is the term for impulsion, unclear worries, insecurities, and mystical responses to one or more aspects of a particular job that cause people to worry about their future employment prospects. According to the World Health Organization, depression is a mood disorder that has an adverse effect on one's feelings and thinking. It is characterized by a depressed mood, loss of passion or satisfaction, a lack of energy, a sense of guilt or low self-worth, disturbed sleep or taste, and decreased attentiveness. Since recent college graduates will face an insecure job market with little to no investment in new enterprises, students are the most vulnerable demographic influenced by the growing poor information about unemployment and the economic crisis. Multiple researchers have found a significant connection between depressive symptoms and unemployment, categorizing depression as a result of unemployment. Therefore, we hypothesize that: H1. Depression and employment anxiety are positively correlated.

4.2. Financial worries and depression

Financial wellbeing can be described as the degree and quantity of socioeconomic solvency that shields people from financial risks such as unexpected unemployment, health problems, and poverty after retirement. Financial anxieties are unpleasant emotions or imagined future uncertainties that people who are incapable to meet their financial need experience. Such concerns may be caused by a number of things, including a lack of money, declining salaries, debt, and job insecurity. It is obvious that depression is triggered by rising financial stress followed by a sharp drop in healthy life control. Hence, we propose the following hypothesis: H2. Depression and financial worry are positively correlated.

4.3. Fear and Exposure of COVID-19

Researchers were drawn to study the psychological suffering brought on by the threat of COVID-19 when coronavirus pandemic began at the close of 2019. According to numerous research conducted to far, fear and anxiety associated to pandemics are natural reactions. One of the identified characteristics of contagious diseases is fear, which, when combined with comorbidities, further contributes to psychological difficulties during pandemics. Diverse cultures and age groups experience COVID-19-related fear and anxiety to varying degrees. Increased COVID-19 exposure is also thought to be a risk factor for depression in the pandemic population. Therefore, we have developed the following hypotheses: H3: Depression rates among the elderly are positively correlated with fear of COVID-19 (FOC).

4.4. COVID-19 and Self-Efficacy:

Self-efficacy is defined as "individuals' belief that they are capable of taking responsibility for their own actions". Self-efficacy has been viewed as a regulatory function in a number of health-related fields, encouraging greater adherence to medical advice (such as adopting a physically active lifestyle), dealing with adverse and positive influences, and better management of pain or stress. In investigations of educational and experimental research as well as workplace stress, self-efficacy has frequently been utilised as a moderator. In the realm of geriatrics, self-efficacy has been tested for use in illness management, healthcare modification, and rehabilitation. Hence, the following hypothesis is posited: H4: Self-efficacy (SE) has a negative correlation with depression rates amongst the elderly.

4.5. COVID-19 and Depression:

A person's physical and psychological well-being, not merely the absence of illness or instability, is referred to as their mental health. Negative effects on mental health have primarily been attributed to stress factors linked to COVID-19, according to research investigations. Additionally, COVID-19 has significantly altered traditional ways to do things, and social interaction is no exception.

Physical separation and quarantine have both proven to be quite effective in limiting the transmission of the virus. Notably, strict governmental initiatives eradicating concerns during a pandemic may also be a very effective weapon to limit the mental breakdown, such as suicide. However, prior research indicates that people subjected to tight isolation for a protracted period of time, separated from others, and unable to communicate with them, are vulnerable to serious mental health-related difficulties because of the gradual onset of depressive symptoms. Elderly adults who have a number of risk factors are more likely to develop COVID-19, such as old age stigma, chronic morbidities, an absence of social support, living alone, as well as a higher level of despair. Therefore, it is crucial to investigate any potential mental health issues that may develop within this population and take the necessary precautions in order to safeguard the elderly from the harmful consequences of the pandemic.

Hence, we predict that: H5: Depression is negatively associated with mental health.

5. METHODOLOGY

This research paper explains the "Surge of mental health issues raised amid Covid-19". We've performed a qualitative research where we've gathered the information from the people who've been affected by covid 19 in their past life in the research we've taken response from their point of view comparing actual methods for prevention of covid-19 which were ideally described and how mental health can be managed during tough times.

The main problem during corona times were many people have been affected by covid-19 and it made a huge impact in one's mental health. Anxiety about uncertainty for the risk of the disease

and Depression has taken rise in one's mind which resulted in spike of one's mental health. So in order to eradicate of corona and make one's mental health better we've performed a qualitative research among people who were consisted of different age groups and gathered responses from them and we evaluated the methods suggested by them.

The methods followed by people were.

1. Being vaccinated.
2. Maintain Physical distance of few metres from others.
3. Wear mask.
4. Clean your hands frequently.
5. When you cough or sneeze, cover your mouth and nose with a tissue or a bent elbow.
6. If you experience symptoms or get a COVID-19 positive test result, isolate yourself until you get better.

Although people have followed many safety measures, but still every one in four have been facing mental health issues only due to fear of Covid-19. Mental health issues arisen because everyone were indoor & having new challenges and also to get acquainted with new environment it was difficult.

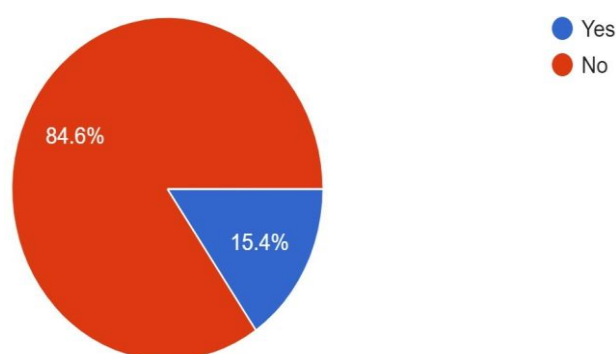


Fig.6. Indicating no of people who have faced mental health issues due to corona.

Based on the survey we can conclude that almost every person was worried about the situation during corona times.

Mental health issues during these tough times can be avoided by following safety measures, having faith & confidence, not believing in the false social media content over the internet and in addition with that accepting new situations mental health issues during this times can be minimized and eradicated.

6. RESULTS & DISCUSSION

Every one's life in the past few years directly or indirectly has been affected by COVID-19. COVID-19 has created huge impact in one's life because lifestyle of every person has been modified to new state staying in indoors all the time & following quarantine norms, although it wasn't possible for all the people to adjust to this new situations, it created rise in mental health issues. Mental health, depression and anxiety issues have taken rise in some people due to aren't adapting to the new situations, employment issues, financial issues and fear of covid-19. Due to

false information on social media it created anxiety about the uncertainty of disease and its circumstances.

Table:-survey details

Question	Response Yes in %	Response No in %
1. Have you been tested positive for Covid-19?	30.4 %	69.6 %
2. Have any of your family members got affected with COVID-19?	46.4%	53.6 %
3. Was it hard for you to live apart from your family / friends during lockdown?	64 %	36 %
4. Was it easy for you to adapt to new situations & challenges during lockdown?	50 %	50 %
5. Have you ever been diagnosed with a mental disorder before?	90 %	10 %
6. Do you have any mental health issues? Arised during Covid-19	65 %	35 %

Almost every 3 in 10 who were responded to the survey we conducted have been affected by covid-19, it was difficult for everyone to adapt new situations around 64% have found difficult to adapt towards new challenges, some people were able to adapt the new situations easily while some of them are still trying to settle down towards the new situations. For almost 60% of the people mental health issues have taken rise because covid-19 impacted one's life financially, mentally & personally it created disturbances in one's mental health.

Table:-Survey details

Question	Excellent	Average	Somewhat Poor	Poor	Not Sure
Overall, how would you rate your physical health?	21.8 %	60 %	10 %	5.5 %	1.8 %
Overall, how would you rate your mental health?	19.6 %	55.4 %	12.5 %	10.7 %	1.8%

By adhering to safety precautions, having faith and trust, refusing to believe in misleading social media information posted online, and additionally by accepting new circumstances, mental health concerns during these trying times can be minimised and eradicated. The recovery rate is extremely high, and many people have recovered from COVID-19. Fear of it is not necessary. The difficulties in these trying times must be overcome by exercising sufficient caution and by taking proper care. Mental health issues during these tough times can be avoided by following safety measures, having

faith & confidence, not believing in the false social media content over the internet and in addition with that accepting new situations mental health issues during this times can be minimized and eradicated.

7. Conclusion: -

In this paper we have studied the after and before effect of the pandemic on students and conducted a survey. The mental health has declined during pandemic by a lot, the health associations around the world has been actively studying and taking measures to ensure the wellbeing of people. The people now are more aware of mental health disorders and various coping methods. In the survey conducted we have asked various questions regarding how they felt during the covid and how the day-to-day life of the student got affected due to this. It can be said that the adverse effect of covid has affected people's day to day life and have prioritized various emotions that we thought were secondary in the life. The mental health disorders should be taken seriously and people should learn to normalise them.

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