

EDUCATION AND STRESS MANAGEMENT

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E-mail: geeta.rashinkar966@gmail.com**Abstract:**

Corona viruses are named for their appearance: “corona” means “crown.” The virus’s outer layers are covered with spike proteins that surround them like a crown. Some people infected with the corona virus have mild COVID-19 illness, COVID-19 can lead to respiratory failure, lasting lung and heart muscle damage, nervous system problem, kidney failure or death. Covid 19 symptoms include cough, fever, difficulty breathing, sore throat, headache, vomiting, running nose, corona virus can spread in areas with a high concentration of people. Education officials have been forced to cancel classes and close the doors to campuses across the world in response to the growing corona virus outbreak.

Most of the students attended school physically in India. COVID-19 pandemic has shifted the whole education system online. All students have been affected. Online learning cannot substitute the immersive experience of school education. Students are now feeling demotivated and insecure. We are witnessing the biggest wave of sadness, confusion and anxiety amongst our youth and as several are battling their moods and fears, the most do not know how to operate a smart phone! The negative effects of COVID-19 can be seen in many ways. The pandemic has had its impact on student life. All schools and universities have created an online structure for day-to-day teaching and have also shifted online, postponed or cancelled many regular examinations, including entrance exams. This transition has also lead to a variety of mental health concerns among students including signs of depression and stress. Recent study for attending online classes were smartphone, laptop, tablet and desktop.

With such a scenario due to Covid 19 Pandemic, the students getting degrees and passing graduates are in a dilemma, whether their future is bright, in getting higher opportunities and jobs is secured by this situation

Key words: Education, Stress, Online Teaching, Corona Viruses.

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Objective of the Paper:

1. To understand what is corona virus.
2. To understand online teaching.
3. To understand impact of Covid on education sector

Hypothesis: Impact of Covid 19 on education sector and its Stress

COVID-19 Pandemic and to understand their effects on college students’ mental health. Corona viruses are a type of virus. There are many different kinds, and some cause disease. A coronavirus identified in 2019, SARS-CoV-2, has caused a pandemic of respiratory illness, called COVID-19. The virus can spread from an infected person’s mouth or

nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.

Some of the primary symptoms to look for in a Covid 19 infected person are fever, dizziness, breathlessness, headache, dry cough and in a few cases loss in smell and test. Covid -19 itself can lead to neurological and mental complications, such as delirium, agitation, and stroke. People with pre-existing mental, neurological or substance use disorders are also more vulnerable to SARS-CoV-2 infection—they may stand a higher risk of severe outcomes and even death. When stressors throw your nervous system out of balance, relaxation techniques such as deep breathing, meditation, and yoga can bring you back into a state of equilibrium. Regular practice delivers the greatest benefits, so see if you can set aside even a little time every day.

The effects of the pandemic on their mental health and well-being. The students, increased stress and anxiety due to the COVID-19 outbreak. Multiple stressors were identified that contributed to the increased levels of stress, anxiety, and depressive thoughts among students. These included fear and worry about their own health. Difficulty in concentrating disruptions to sleeping patterns decreased social interactions due to physical distancing and increased concerns on academic performance to cope with stress and anxiety, participants have sought support from others and helped themselves by adopting either negative or positive coping mechanisms. The COVID-19 pandemic has brought into focus the mental health of various affected populations. It is known that the prevalence of epidemics accentuates or creates new stressors including fear and worry for oneself or loved ones, constraints on physical movement and social activities due to quarantine, and sudden and radical lifestyle changes. Virus outbreaks and pandemics stressors such as infection fears, frustration, boredom, inadequate supplies, inadequate information, financial loss, and stigma. Psychological impacts of COVID-19 has mental health issues during epidemics, most have focused on health workers, patients, children, and the general population.

The biggest perceived challenge was the transition to online classes. Sudden changes in the syllabus, the quality of the classes, technical issues with online applications, and the difficulty of learning online. Most of student were worried about progress in research and class projects because of restrictions put in place to keep social distancing and the lack of physical interactions with other students. Some students mentioned the uncertainty about their grades under the online learning environment to be a major stressor. Others indicated their reduced motivation to learn and tendency to procrastinate.

Conclusion:

Due to the long-lasting pandemic situation and onerous measures such as lockdown and stay-at-home orders, the COVID-19 pandemic brings negative impacts on higher education. The findings of study highlight the urgent need to develop interventions and preventive strategies to address the mental health of college students.

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