

## EFFECTS DURING LOKDOWN OF PHYSICAL, MENTAL, EMOTIONAL ON ADOLESCENT

\*Gaurav Parab & \*\*Dr. Vishwambhar Jadhav

\*Associate M.P.Ed. & \*\*Assistant Professor Department of Physical Education, University of Mumbai.

### Abstract:

Lockdown are very effective to control COVID -19 situation. From December 2019 COVID-19 pandemic start and after that March 2020 the Indian PM announced lockdown in all over country. All population either is rich or poor get differ-differ effects on them.

Adolescent age group effects are very differ because in this group growth level are going rapidly, both the characteristics of an individual and external factors influence these changes. The physically overall changes are made throughout the body. Mentally they are grow more powerful. Emotions are more matter to them. Society are also responsible to give right direction and proper guidance to them.

**Keywords:** Lockdown, Physical, Mental, Emotional, Adolescent

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### Introduction:

#### Lockdown :

According to Cambridge dictionary, "a period of time in which people are not allowed to leave their homes or travel freely, because of a dangerous disease." The corona virus comes in December 2019 in a world, slowly-slowly spread worldwide. In India march 2020 India's PM announced 21 days all over country lockdown to control the COVID-19 situation. After that this lockdown extended as per state wise situation till date. In world no one have antibiotic or any kind of tablet, injection to prevent the corona virus, that's why only one option are there to break the chain of virus are lockdown. After many experiments and clinical trials scientists found the vaccine, but then also we can't full control on this situation. Many countries economies are collapse. The situation are very harmful to all level of people. We need to understand the importance of this lockdown and follow instruction and guidelines are given by the Govt., if we will not follow than situation will more dangerous. People dies if the virus enter in the body but many more dies because not getting food. Our government do their best to control this situation but we have to also support them, otherwise we can't fight with this virus.

#### Physical :

Physical means relating to things you can see or touch or relating to law of nature and here we relating to the body. Before the COVID-19 people are health conscious but not that much percentage of total population. People knows that all the benefits of behind the being physically fit. If the corona virus entering healthy cells in your body, there the invader makes copies of itself and multiplies throughout the body. After that your immune system may responds with symptoms including fever, cough, trouble in breath, headache, loss in taste, loss of smell, etc. Finally virus take full

control on your body, if you not get proper treatment on time. The virus can entered by air or touch by mouth, nose, eyes. Also virus can infected from COVID positive patient. During this period of lockdown more population are inactive physically. In adolescent age group ( age 13 – 18 ) they don't know the importance of being physically fit, that's why more of them victim of obesity during this period. They don't have proper routine work. They not physically connected with their relatives, friends, teacher or anyone. Some of them start some kind of physical activity but they can't continue with this process, because lack of motivation and undecided goal. This age group people are more addicted to mobile games instead of physical activity. All things are online that's why they are more lazy. Normally their sleep time are 6 hrs. but now days its increase by 6 hrs. to 10 hrs. or more. If you are physically fit, your immune system are good and powerful to fight against this virus to make antibiotic in your body than your are safe.

### **Mental :**

According to dictionary.com, "Mental is a adjective that means relating to the mind. Mental is commonly used in the context of psychological. Being mentally stable are very important in this kind of situation. You know that how to become a calm. In this COVID-19 and lockdown period the adolescent age group struggle to being mentally strong. After did entire year study they know that their examination are canceled, who give examination they waiting for the result, they are under the stress of result, after the result how to get admission and many more questions are coming in mind. This group doing over thinking that's why they can't mentally stable. Some of them under the depression. School going teenagers getting stress of study. Because of online teaching teacher interaction with every child are less. Students doubts are also remaining. Students not assimilation the online teaching platform ; but still there is no other option. Because of online teaching parents also giving mobile phones to child without any restriction. This age group are more technology addicted. They know the all over the information about technology and how to use it. Because of this child are loose there control of mind. They don't know the side effects of technology. They are mentally unstable of this technology or sometime they do wrong things also. Parents are the role model to them so its parents duty to talk with child. Treat a child as your partner or friend as compare to parents. Parents need to give right and correct information to them telling them what to do instead of what not to do. Make them positive feeling always.

### **Emotional :**

According to vocabulary.com, "if it has anything to do with feelings like happiness or anger then consider it emotional. Robert Plutchik proposed eight primary emotions that is anger, fear, sadness, disgust, surprise, anticipation, trust and joy.

The Oxford dictionaries of emotion is, "a strong feeling deriving from one's circumstances, mood or relationships with others. Emotion are responses to significant internal and external events. In entire world going under lockdown means every person seated at their home. Only medical and essential services are on, other all industry are stopped so people lose their jobs, not all families standard are good. Some of them living alone. Within family members communication gap are their that's why they feel loneliness. Relationship problems are also there. Sometimes adulthood people more angry on family members because in mind every question rotate again and again about their future, career.

In this COVID situation the stress are more because in post COVID situation they don't know the job opportunity are there or not, how they can manage their family? Here someone are going in depression and someone addicted bad things that not to do. At the starting stage all have fear of corona virus because no medicine are available to recover from this. After that our scientist do research and they found vaccine, but this vaccine also not 100% working, some side effects also seen in patients. As per time virus come in new strain in different countries.

In adolescent age group child think more emotionally that's why every emotion are matter to them. To control your emotion you have to think positively, don't stay alone, share your feelings, emotions with your family members or friends. Always keep your mind open. Before taking any decision don't just think emotionally take the help of your mind also.

### Adolescent :

As per the Wikipedia, “adolescent is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood.”

Adolescent age are very crucial level of every person life. In this stage begin the puberty in girls earlier between age 10 – 14 while boys enter puberty level later. Most physical and mental functions such as strength, speed, muscle gain, memory are more fully developed during the adolescent. Before doing anything or taking any decision they first think emotionally after that mentally. Emotions are very important to them. In this stage they are more curious about their surroundings. Every day they want to do something new, they accept risky challenges. They tried alcohol and smoking first for fun and after sometimes it will be habit for them.

In the COVID-19 situation adolescent peoples are locked in their homes. Before these they never face this kind of situation. They don't have habit to stay home, seat at one place. Sometimes they are frustrated, they are angry, they don't have control on their emotions, on their mind. But who's family surroundings and nature are good they don't have any issues about this situation. Every things comes online from online lectures to online exams. Its difficult to accept easily. They continuously have mobile in a hand and the reason are also ready of study. Because continuously use of mobile, laptop they are addicted to internet world, social media. They don't know the difference between real world and virtual world. They communicate online, make friends online, fall in love online, in fact they live online. They spend too much time online and self isolated from family and friends. Feeling happy when they are online while offline they feel upset. Social media plays important role in their life. This age group want to be famous, they want everyone know him for that they will do anything at any level.

Adolescent age group people need guidance of someone may be their parents or teachers. If they are taking their own decision it's OK, we need try to understand why he/she take decision like this way. If they are wrong, then convey them with love. Give example, what happens if they behave like their decision. Need to guide them how to change our thinking as per the situation, how we can view situation from different point of view. Every time whatever we see are not real, we have to define what is true and what is wrong. Adulthood or senior person need to support them.

### Recondition :

1. You can make self physical workout challenge plan of 21 days, 30 days or 45 days as per your comfort. Note the all your body details before start the program, make a rules for yourself and behavior like that way.
2. To control the mind or feel calm the best way are meditation and to start meditation yoga are good way. You can take guidance of your P.E. teacher. On internet also more and wide information are available. You can take 21 days challenge. It's very good for your mental body as well as your physical body. Improve the way of thinking power as well as for mindfulness.
3. You have to destroy communication gap between in your family members for that you can try to share little things of your life or your past experience. You can share problems also, sometimes you'll get better solution.

### Conclusion :

With the help of above scenario we can conclude that everyone going through bad time or you can say worst time of

COVID-19 situation. Lots of physical, mental, emotional effects face by world. We need to fight together. Our Govt. doing best job and we need to support them.

Adolescent age group people lived their own world. In this period of life your thought process in developing mode, so its duty of parents or teacher to guide them properly give them right direction. We have to use their creative mind. We need to listen their new ideas. In this period if you keep burden on them then they can't grow properly. Adolescent age group it's our future. We need explain them about well beings. Adulthood have to take care of them.

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