

How Student's Mental Health Affected During The Covid-19 Pandemic: A Literature Review

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ABSTRACT

As the world continues to battle the day to day issues of the coronavirus pandemic, one aspect is the increasing problem of mental health for students. As schools have closed down and had suddenly transitioned to online classes. The model is currently the best alternative as keeping schools open poses a safety risk for students. Students with pre-existing mental health problems such as stress disorder, general anxiety disorder, post traumatic stress disorder, depression, or loneliness have become more vulnerable due to lockdown policies and showed itself in different ways. Lockdowns, travel restrictions, school closings and social/physical distancing have created a level of social isolation previously unseen across the globe. This upend, for many, can have profound consequences on one's mental health.

This paper aims to investigate the mental health status of student due to the policy response to Covid-19 Pandemic. The database searches used include Google Scholar, Research Gate, Science Direct, frontiersin, World Journal of Pharmaceutical and Medical Research.

Keywords used in the search of the article was student, covid-19, mental health, epidemic, college by getting 19 articles and only 9 articles that were used through goal analysis, topic suitability, research methods used, sample size, the results of each article, and limitations that occur.

This study found that mental health of college students is significantly affected when faced with a public health emergency. Student are likely to be experiencing stress, anxiety and depression. They need attention, help, and support from the community, family, and tertiary institutions.

Therefore, the nurse need to consider planning for acute and long-term subsequent psychological interventions should focus on strengthening psychological counseling and emotional comfort for students through the involvement of counselors, psychologists. It is suggested that the mental health of college students should be monitored during epidemics.

Keywords: Covid-19, pandemic, mental health, student, college

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BACKGROUND

The 2019 coronavirus outbreak (COVID-19) has become an international concern since the first case occurred in Wuhan, Hubei Province, China, at the end of December 2019 (Chen et al., 2020). In March 2020, WHO made the assessment that COVID-19 can be characterized as a pandemic (Kontoangelos et al., 2020). The transmission are yet to be determined but the general transmission of respiratory viruses happens through droplets.(Suryadevara et al., 2020). Since the droplets travel approximately 1-meter in air, person to person transmission possibly occurs between close contacts. It is advised to frequently clean the hands with soap or alcohol-based sanitizers and to follow stand hygiene measures because the contaminated hands is reported to carry the virus into the body (Suryadevara et al., 2020)

This large scale, infectious, public health event, imposed enormous pressure on the government, medical and healthcare providers, and the general public (Cao et al., 2020). Along with being a major public health concern, this pandemic has led to drastic social, economic, academic and political disruptions globally. Governments have adopted strict precautionary measures in order to mitigate its effects and reduce the spread of the disease including reduction of public gathering, the closure of public places like shopping malls, commercial areas as well as educational institutes (Shan et al., 2020).

Unlike individual level traumatic events, the COVID-19 outbreak has been a continuing crisis for every member of society (Tang et al., 2020). However, a long-term and strict isolation policy widely used to ensure social distancing will result in important changes to young individuals' social networks and behaviors, such as it is expected to influence the mental health of college students (Chen et al., 2020). There have been reports on the psychological impact of the epidemic on the general public, patients, medical staff, children, and older adults (Cao et al., 2020; Chen et al., 2020) Providing crisis education and psychological intervention to young people through traditional school education and community programs becomes concern immediately. Therefore, we investigated and analyzed the mental health status of college students during the epidemic for the following purposes to analyze the impact of isolation policies and the spread of COVID-19 on student's mental health and proposed an effective intervention strategy.

OBJECTIVE

Analyze the impact of isolation policies and the spread of COVID-19 on student's mental health.

METHODS

The method used in the review literature uses strategies in a comprehensive manner, such as search for articles in research journal databases, internet searches, review article. The database searches used include Google Scholar, ResearchGate, ScienceDirect, frontiersin, World Journal of Pharmaceutical and Medical Research. Keywords used in the search of the article was student, covid-19, mental health, epidemic, college by getting 19 articles and only 9 articles that were used through goal analysis, topic suitability , research methods used, sample size, the results of each article, and limitations that occur.

RESULT

Table 1. Article review

Author	Title	Sample	Method	Output
(Tang et al., 2020)	Prevalence and correlates of PTSD and depressive symptoms one month after the outbreak of the COVID-19 epidemic in a sample of homequarantined Chinese university students https://doi.org/10.1016/j.jad.2020.05.009	2501	Cross-sectional	the number of exposures had a direct effect on PTSD ($z = 2.271$, 95%CI: 1.871, 2.670), and depression ($z = 1.227$, 95%CI: 0.959, 1.495). Sleep duration was observed to be a mediator between

(Chen et al., 2020)	How Have COVID-19 Isolation Policies Affected Young People's Mental Health? – Evidence From Chinese College Students https://doi.org/10.3389/fpsyg.2020.01529	992	Cross-sectional	number of exposures and PTSD ($z=0.104$, 95%CI: 0.016, 0.204), or depression ($z=.065$, 95%CI: 0.010, 0.126) The results of ANOVA showed that the three groups significantly differentiated in all the five symptoms: depression [$F(2, 989) = 298.08$, $p < 0.001$], neurasthenia [$F(2, 989) = 337.78$, $p < 0.001$], fear [$F(2, 989) = 252.95$, $p < 0.001$], OCD [$F(2, 989) = 504.13$, $p < 0.001$], hypochondria [$F(2, 989) = 558.82$, $p < 0.001$].
(Cao et al., 2020)	The psychological impact of the COVID-19 epidemic on college students in China https://doi.org/10.1016/j.psychres.2020.112934	7143	Cross-sectional	The results of the correlation analysis are worry about the economic influences of the epidemic were positively related to the levels of anxiety in college students ($r = 0.327$, $P < .001$). Moreover, worry about academic delays ($r = 0.315$, $P < .001$) and the influence of the epidemic on daily-life ($r = 0.316$, $P < .001$) were also moderately and positively correlated with the level of anxiety. In addition, the results suggested a negative association between social support and anxiety symptoms of college students during the COVID-19 outbreak. ($r = -0.151$, $P < .001$).

(Odriozola-González et al., 2020)	Psychological effects of the COVID-19 outbreak and lockdown among students and workers of a Spanish university https://doi.org/10.1016/j.psychres.2020.113108	2530	Cross-sectional	34.19% of participants reported moderate to extremely severe depression symptoms; 21.34% of participants reported moderate to extremely severe anxiety symptoms; and 28.14% reported moderate to extremely severe stress symptoms. Also, 50.43% of participants obtained a score related to the psychological impact of outbreak and lockdown as moderate or severe (IES \geq 26). $p < 0.0001$
(Suryadevara et al., 2020)	Mental Health Status among the South Indian Pharmacy Students during Covid-19 Pandemic's Quarantine Period: A Cross-Sectional Study https://doi.org/10.1101/2020.05.08.20093708	500	Cross-sectional	around 18% of the respondents reported extremely severe depression, and about 27.5% of respondents reported extremely severe anxiety and about 12.5% of respondents reported extremely severe stress
(Huckins et al., 2020)	Mental Health and Behavior of College Students During the Early Phases of the COVID-19 Pandemic: Longitudinal Smartphone and Ecological Momentary Assessment Study http://doi.org/10.2196/20185	217	longitudinal multimodal study	Modeling of the academic term affected by COVID-19 compared with academic terms prior to the COVID-19 pandemic identified significantly increased sedentary time, depression, and anxiety ($P < .001$); Interactions of the COVID-19 term and quadratic term week regressor for all three variables ($P < .001$) and significant interactions between the COVID-19

(Kontoangelos et al., 2020)	Mental Health Effects of COVID-19 Pandemia: A Review of Clinical and Psychological Traits https://doi.org/10.30773/pi.2020.0161	65 papers	Article review	term and the linear term week regressor for sedentary time and depression were also observed ($P < .001$ and $P = .004$, respectively) Public health emergencies can have many psychological effects on college students, which can be expressed as anxiety, fear, and worry, among others. About 24.9% of college students have experienced anxiety because of this COVID-19 outbreak.
(Shan et al., 2020)	Covid-19 Pandemic Causing Mental Stress: A Cross Sectional Study To Evaluate The Level Of Anxiety And Its Sources Among Medical Undergraduates Of Gujranwala Medical College https://www.wjpmr.com/download/article/69062020/1594286579.pdf	272	observational cross-sectional study	A total of 88 (32%) out of 272 students exhibited minimal anxiety, 105 (38%) showed mild anxiety, 54 (19%) moderate anxiety and 25 (9%) severe anxiety. In all categories females predominated men except in category 2 (mild anxiety) where opposite trends were seen. As far as the academics were concerned, 87.13% students felt that their studies have been affected and 69% were worried because of this. 72% feared that their year may end late. 74% felt that their clinical skills will remain inadequate due to the threat of infection and 80% were afraid of being an incompetent doctor due to this reason.
(Irawan et al., 2020)	Psychological Impacts of Students on Online Learning	30	Qualitative	The data findings show that anxiety in

During the Pandemic COVID-19 DOI: 10.24042/kons.v7i1.6389	method of pheno menolo gy type	middle and lower economic families is more significant than fear in middle and upper economic families. Students feel anxious about their parents' income, which is reduced because of the physical distancing policy and requires their parents to be at home so that their income is reduced. Research subjects experienced emotional disturbances due to too many tasks, and they considered that the pattern was not sufficient
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DISCUSSION

Students were afflicted with experienced higher levels of stress, anxiety, and depression because of the COVID-19 outbreak. On the other hand, the students' anxiety may have been caused by the gradually increasing distances between people resulting from the quarantine. Students with pre-existing mental health problems such as general anxiety disorder (GAD) or depression have become more vulnerable due to lockdown policies. More than the lack of social contact and activities, the dramatic disruption of routines, and the burden of online classes, have added a negative aspect to their conditions. Online learning that limits physical interaction causes no social interaction, Lack of social support makes students experience emotional disturbances. In the economic aspects, the stability of family income was also was a significant factor in students' experienced anxiety during the COVID-19 crisis, which could be explained by increased psychological and economic pressure.

Universities serve an essential role in supporting college students and accommodating their health, education, and safety needs. During the pandemic, the courses of action implemented being flipped the switch and focused on remote education instead of in-person classes. Although this transition can lead to acute stress among some students due to the lack of time for adjustment, remote learning allows college students to sustain their academic routine which is found to benefit mental health and psychological resilience in the long term.

Every educational institution may think of establishing a mental health posts that comprises of a psychiatrist or psychologist and dean and senior faculty members of the institute Family nurse in this context to keep the mental balance of the family who supports the student. Regular online counseling can be planned along with the online classes. It is equally important to counsel the parents along with the students. Regular monitoring of the stress levels using the online tools can be done to prevent the student to enter into the state of depression.

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CONFLICTS OF INTEREST

How student in a department that has a skill in his competence in the form of online learning, especially clinical skills in the case of medical students, engineering students. and how regulation of

educational institutions in accommodation in such a way that graduates in this pandemic era still have the expected competences.

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