

IMPACT OF CORONA PANDEMIC ON THE LIFE OF STUDENTS IN INDIA

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ABSTRACT

A survey to study the impact of corona on the life of students in India is done by developing a questionnaire which included the psychological as well as academic impacts all the data was collected in month of January and February 2021 considering that this is an overcoming period of this pandemic. This online survey was done by using virtual platform of Google forms consisting twenty questions, in response to that we have collected more than five hundred entries from various states of India. Students under study were belonged to the various levels of Indian education system. Present study concludes that it was a period of challenge to the psychology as more than fifty percent of student experienced different levels of mental breakdown in the course of time. Whether in the context of academics we have got mixed responses, among which students reported that some aspects improved during the period like better presentation of subject content but on some fronts online education was a failure like discontinuity, network issues, less social interactions etc. but overall offline education system is supported by most of survey subjects; in case of health a significant number of individuals reported issue like weight gain and eyesight. Most of the students reported significant improvement in environmental status. And there is also a significant positive report on increase in family values along with interest in religious opinion. This study gives an idea about the impact of corona pandemic on the various aspects of student's life in India viz. online and offline academics, environment status, physical, mental and social health etc.

Keywords: corona, pandemic, mental health, social health, Google forms

INTRODUCTION

COVID 19 has affected the human life with a great impact and influenced the various aspects of life including general life style (1, 2). The study is especially concerned with the life of students who have suffered on different fronts viz. Health (3), mental and physical lethargies (4). Although this has been an untouched research issue earlier but current pandemic has drawn our attention on a serious note. The best way to assess such kind of data we have to develop an open ended questionnaire (5). We have developed this questionnaire and collected the data using digital platform of Google form.

METHODOLOGY**1. Study Designing:**

The study was designed to assess the social, mental and physical health. The structure of research was proposed by the authors and developed considering the opinion of an expert committee. The survey was basically designed to cover the opinions of students from all the states of India. The minimum sample size was calculated 370 but for the improvement of data more than five hundred responses were taken into consideration.

2. Questionnaire Development:

The questionnaire was developed considering the socio-health conditions during corona pandemic and its relation to the academicians. It was developed on the basis of standard methodology established earlier by researchers;

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which includes review of related literature, group discussion, reviews of expert committee followed by testing and validation. The consent of participants was also included in the form. (5)

Review of Literature: more than 50 research papers were screened from the various public sources like research gate, PubMed, Google scholar etc. out of them 10 papers were found relevant to the study and a draft of questionnaire consisting 25 questions from various aspects was created.

Group Discussion: Three sequential group discussions between the student's representatives, teachers of TGT/PGT level and teachers of UG/PG level occurred. Which lead to the modifications in the questionnaire viz. putting all close ended questions, modification in language to make it more understandable and inclusion of 6 more questions?

Reviews of Expert Committee: The developing questionnaire was reviewed by 5 individual expert stake holders of the society viz. senior teachers from each level of education (3), health counselor (1) and social worker (1) for their expert opinion, inputs or modifications. As a final output a few rephrasing and deletion of 11 questions from the questionnaire made.

Testing: The questionnaire of 20 questions was tested in offline mode for 3 students of each primary, mid school and higher education level. Not any of the significant issues were reported. (TABLE 1)

Validation: the questionnaire is subjected to 60 students via online mode using Google form out of which 54 responses were obtained successfully. This made an idea about the caliber of students about online interface. The diversity of subjects was also taken in consideration.

Statistically the data has proven the significance of questionnaire.

Data Collection: The method of sampling was nonrandom as we targeted only the student community; it was also a voluntary response sampling method. Total responses were 548 from the different states of India so the sample size of 548 given a significant idea of various aspects.

3. **Data Processing:** Data is cross checked for any inconsistencies and other issues like missing, duplicate, incomplete data etc. the final data retrieved via online tool Google form was in the form which was readily accessible as *MS excel* sheet and in the form of pie chart.

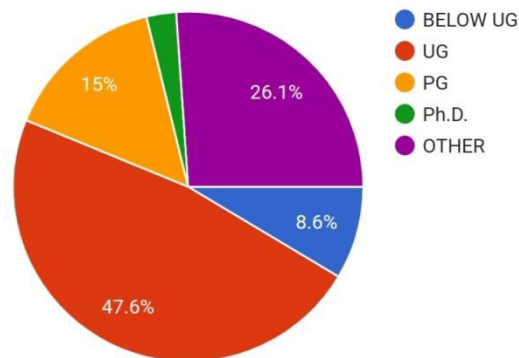
RESULTS AND DISCUSSION:

1. **Academics:** To assess the academic fluctuations in this corona pandemic periods 6 questions were designed and these are represented and discussed below:

Students in this study were related from the various level of education which were categorized under the different labels i.e. below undergraduate level, undergraduate level, post graduate level and other category is made to cover the students not fitted under aforementioned categories.

CLASS in which you are studying

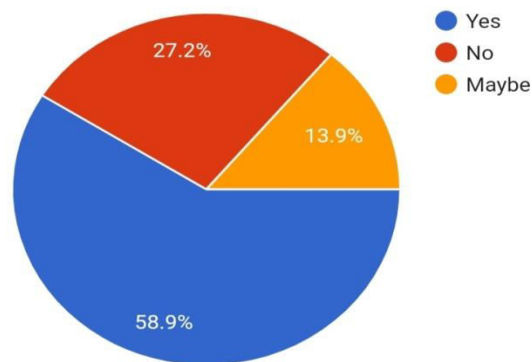
548 responses



As the academic content is more easily deliverable on virtual platforms or by digital means; so it gives a pleasure to the students and sometime due to more graphics this could also become entertaining to the students that why in our study we found that around 327 candidate i.e. 58.9 % of the total subjects experienced the online teaching as an entertaining effort. 27.2 % were denied that they found this system any entertaining while 13.9 % were found not sure about the experience or they were unable to differentiate the enjoyment in online and offline mode studies.

2. Did you enjoy online studies during lock down ?

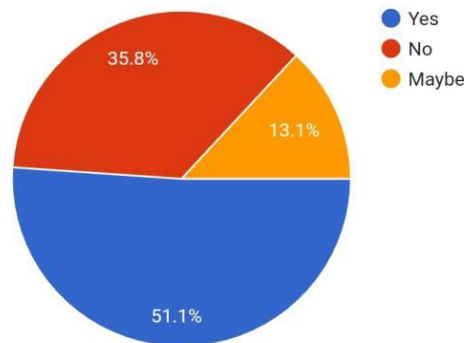
548 responses



Lock down period was a mixed experience for the students where some of the candidates observed this as opportunity for self-preparation and they got the whole time to study which was somehow not possible during the normal days so simply they found this pandemic as their personal opportunity; and the number of such candidates in our study was 51.1 % On the other hand a number of students experienced that due to the pandemic environment somehow their concentration has been deviated and they were unable to study like before i.e. 35.8 % while 13.1 % were found uncertain for the any differences in the study.

7. Did you study well at home during lock down?

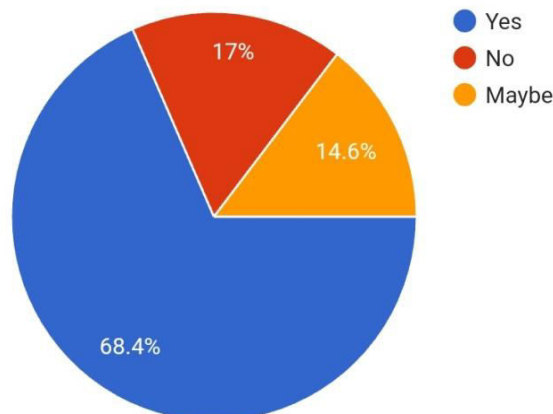
548 responses



Another issue has been highlighted earlier about the teaching efficiency of teachers especially from the student's point of view to assess the practicum we developed a question on this and found that 68.4 % i.e. of the students agreed that teachers were up to the mark for online studies. 17 % Students reported the incompatibility of the teachers for online education system and 14.6 % were not found certain about the online teaching efficiency of teachers.

11. Did the teacher teach you well online ?

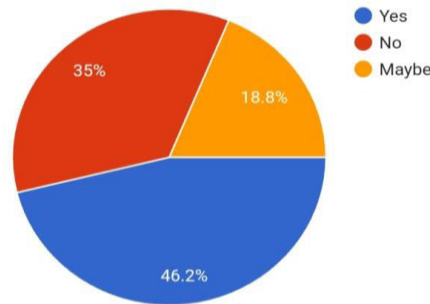
548 responses



This period of pandemic has warned us about the future situations which may arise due to any of such factors and somehow it also improved us over this concern or made us evolved so in this concern an obvious question arose about the application of online teaching in future. Report to this 46.2 % i.e. students shown positive response for promotion of online teaching while 35 % somewhere concerning about practical teaching disagreed with the same. 18.8 % were found uncertain about the promoting the online studies.

12. Do you think online teaching should be promoted ?

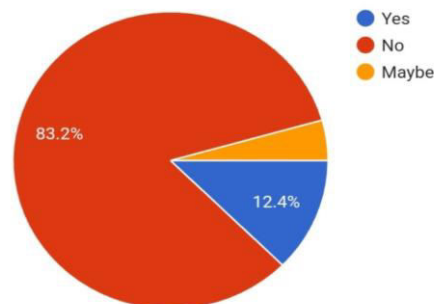
548 responses



Although the pandemic caused a heavy toll on every aspect of our life especially academics but people are still fond of the in person academic approaches to verify the concern of loss of interest in classroom teaching a related question was designed. We have got an interesting result that although people are modernizing themselves, being sophisticated and also shifted too much towards the online education but the liberty of learning in person has dominated all the aforesaid features and 83.2 % of the subjects were found in the favor of offline teaching, while just 12.4 % of the students approached to the stoppage of offline education while a very low percentage of students i.e. less than 5 % were found uncertain in answering the question.

13. Do you think offline teaching should be stopped ?

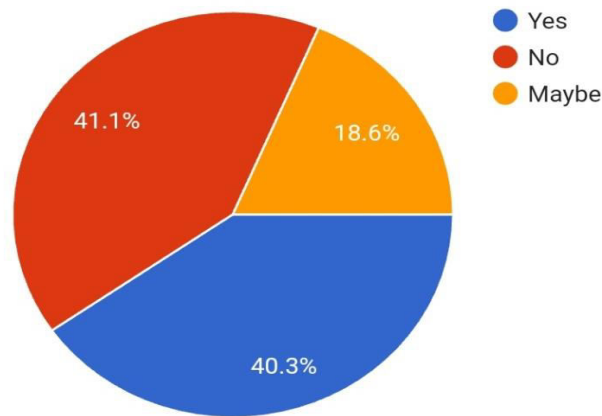
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Expenses on the academics has always been a concern in countries like India as here the governments have always been taken less interest towards quality and affordability of the education for everyone, in result of that education in India became proportional to the expenditure in recent years. This creates a massive issue regarding financial aspect or expenditure on academic especially in such pandemic situation when the resources and methods have changed a lot; that so we designed a question on the varying expenses in this time. Interestingly 41.1 % of the students had denied for the increase in expenses during online education while almost similar percentage i.e. 40.3% of students agreed to the increase in expenditure; this mixed response is expected due to the facts that a lot of students had to arrange the online education requiring gadgets; obviously such students experienced the increase in expenses. On the other hand the students which were already equipped with the required items haven't experienced any change in expenses. Just 18.6 % of the students were found not sure about the inflation.

15. Did online study increase your expenditure during lock down?

548 responses



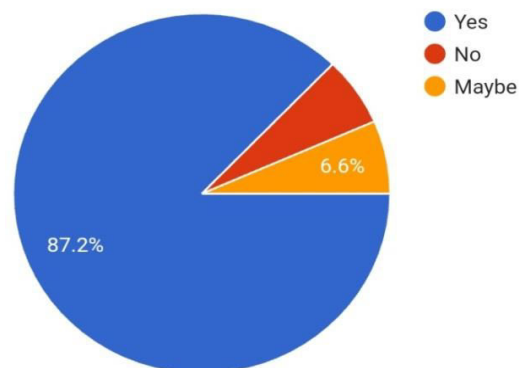
2. Environment

Corona pandemic also caused a remarkable impact on our environment, as we all know increasing human activities in recent years caused an irreversible and disastrous impact on our environment. In a broader perspective global warming due to excessive exhaustion of fossil fuels, acid rain due to increases nitrogen and sulfur oxides and various other concerns are there.

Although tis pandemic caused a great havoc for humans but on other hand it has rejuvenated our environment nature. In such concern we have designed a question to assess the people’s opinion over this topic and in result we found that 87.2 % participants accepted in reduction of pollution during the period. That was of course due to the decreased human activities.

20. Did you find that there was less pollution in the atmosphere in the lock down ?

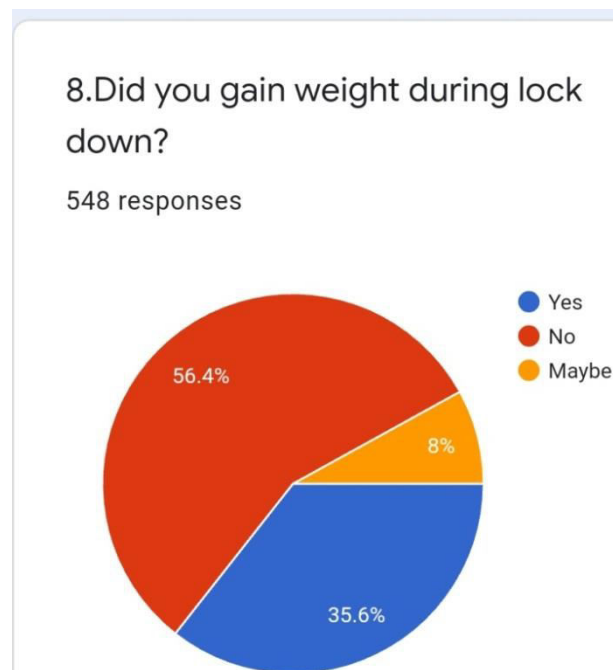
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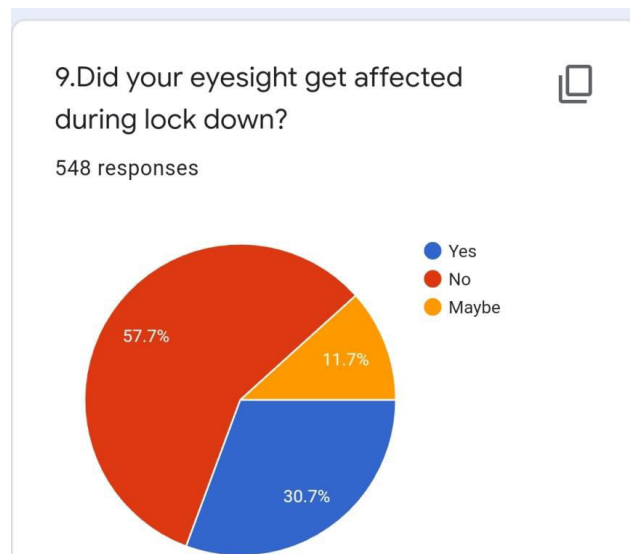
3. Physical Health

Human is always found most concerned about his physical health due to that we decided to include a few most relevant questions about general health issues during the pandemic on students (it only includes the students opinion which were not get affected with COVID-19) we'd designed various questions but on filtering them we just found out two very general queries regarding the impact on eye sight and weight gain.

Nowadays weight gain is usually taken as negative impact on health, as this is the era of cardiac issues when almost every person is concerned with his cardiac health. So we decide to take a peek in student's status of weight gain; regarding that we found out that 56.8 % peoples are accepted that they observed no significant weight gain during the pandemic period. It's a good data as this pandemic locked all of us inside our house for such a long period and of course the gym, sports complex, playgrounds, parks etc. were closed which makes a real concern. In spite of that 56.8% of 548 subjects experienced no weight gain. While 35.6 % persons experienced weight gain that was obviously due to the increased lethargic life style and also due to lack of physical activities. In addition to this 8 % students haven't noticed any such difference in their weight.



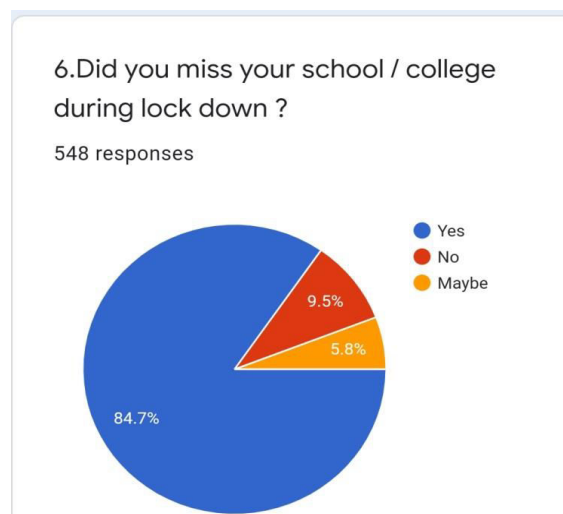
The corona pandemic changed every bit of our life including the time of experience with digital screens; it may be television, mobile, laptop etc. this increased load on eyes could have a considerable impact on our eyesight regarding this we designed a question and found out that although the load has increased many folds but 57.7% students haven't experienced any bad effect on their eyesight. While 30.7 % have noticed significant differences in their eyesight; this is a real concern that such large populations experienced such problems; it is due to the sudden increase in time with such gadgets. In addition to this 11.7 % students haven't noticed significant variations in their eyesight.



4. Mental Health

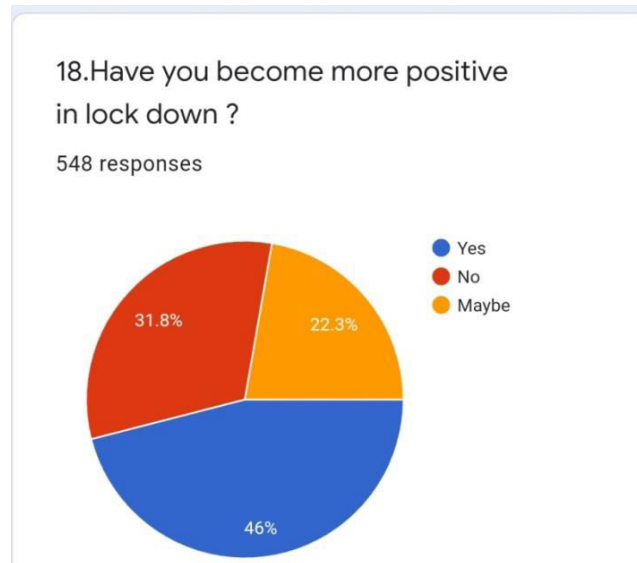
In recent years mental health has become a more concerning issue due to massive increase in the affairs or tragedies due to the mental issues; and now when this pandemic has caused a massive havoc in the society its inevitable to face the mental health issues. So as per the need of time it was very important to include this aspect of life in our study; on that we have designed seven questions in this section which have collected the opinions regarding depression, isolation from the society, positivity or negativity in life, suicidal tendency.

Mental Affinity for school/college was assessed in the subjects by placing a query that if they miss their institution in this pandemic period. And we found out the very high frequency in mental affinity of students towards their institutes i.e. 84.7 % of the people surveyed accepted that they missed their institution during the lockdown period of corona pandemic while 9.5 % students denied about missing their institution which should be probably due to the modern life styles they have adapted by digitalized education or other means of modern learning. 5.8 % of the subjects were uncertain about this.

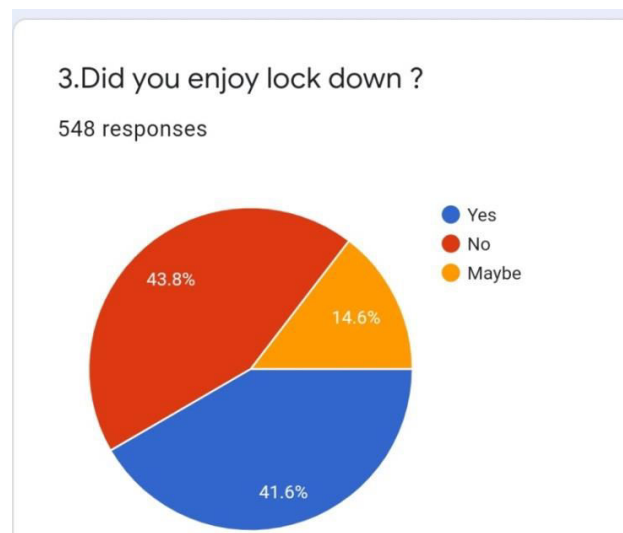


Positivity regarding the aspects of life and also towards work etc. influences the working, living style as well as the conclusions of our doing, so the positivity is one of the highest virtue of humans life in regard to this we have designed a question to have an idea of variation in positivity during this tough time of pandemic. There are

actually no scales to measure the positivity so the opinion of students matters and 46 % of the people surveyed admitted that their positivity increased during this period it indicate the increment of will power in them which is quite significant; while 31.8 % of the students accepted about the no significant increase in their positivity during the period which is somehow obvious due to such mental pressure of COVID pandemic. There was also an interesting data in results about the uncertainty of the variation in positivity during lockdown i.e. 22.3 % which indicated the unawareness about such important mental health aspects in our Indian culture.

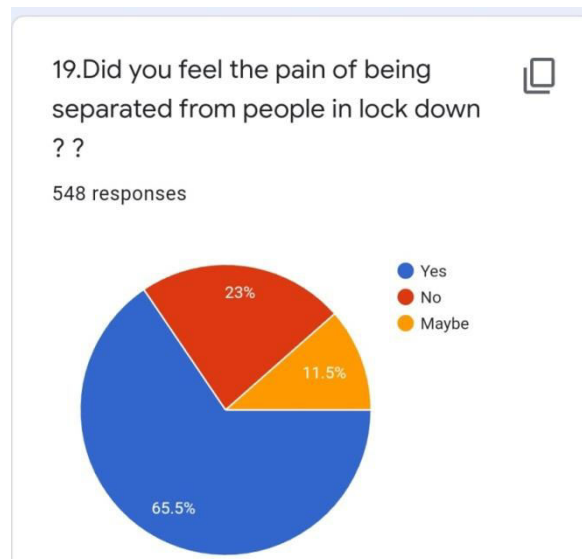


Rejoice in our life actually depends on the state of our mind; which is built over the various other factors viz. age, category of living, social security, financial security, and responsibilities in our life. Students category is so mixed up of the aforementioned points so we have designed a question regarding this and concluded that 41.6 % of the students experienced any of the form of enjoyment which may be the satisfaction of quality time spend with their families by hostlers or some liberty form the daily hectic life schedule. While 43.8 % of the students felt no enjoyment in this period which could be due to the limitations of roam around on their own will. It is evident from the chart that the students may be enjoyed the lockdown initially But after a few weeks they realized that how much they are going to suffer from their regular studies. Therefore it's clearly seen in the data that a mixed kind of response to the query has been recorded. About 14.7 % peoples are recorded still uncertain about their state.

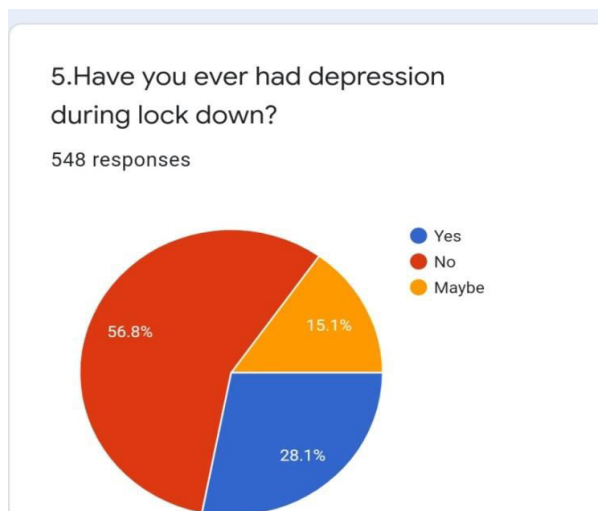


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Society is all about the connectivity of peoples so if by any mean we get separated form our loved ones; it causes some immense hidden pain and could lead to mental health issues sometimes. In that concern we have designed a question for the same and conclusively

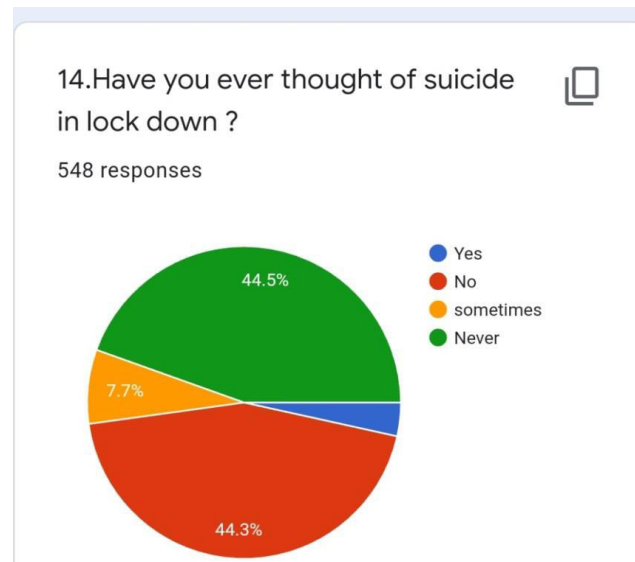


There are some other serious mental health issues which could occur and affect a person’s life a lot like depression; This is not just the usual mood fluctuations it’s more than that and in that concern firstly we need to assess the intensity of depression through an expert and then we should go for proper treatment. Although its considered a common issue as the number of affected persons are a lot in world i.e. about 264 million (WHO facts) but it could lead up to the suicide like scenario; so it need to be taken seriously. Sometime depression could also lay the basis of various other diseases too. Considering the significance of depression especially in this corona pandemic we have also designed a question on this and 28.1 % persons have admitted the depression period in this pandemic situation which is a serious thing. That could be due to the economic distress, social insecurity, health issues etc. while 56.8 % haven’t reported the depression and 15.1 % were found uncertain.



We have also gone for another level of assessment regarding mental distress; and designed a question on developing suicidal tendency in this pandemic situation. To be clear about the degree of mental fluctuation we have put statements like have you ever thought of suicide in lockdown period? “no” or “never” and interestingly

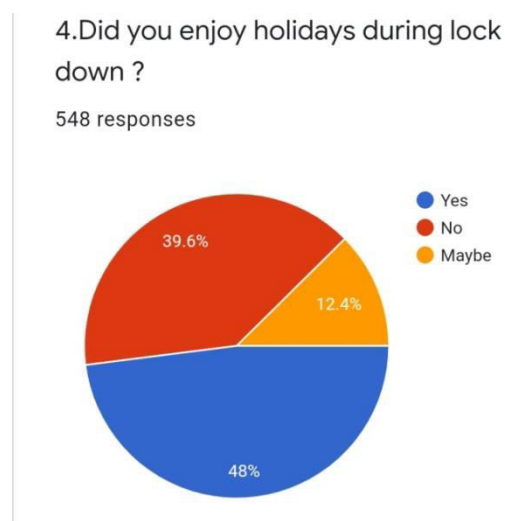
in result data 44.5 % stated that they never had any of this kind feeling while 44.3 % have mentioned “no” as their answer; and in this case I would like to put his 44.3 % under uncertain response. On the other hand 7.7 % of the people have admitted that they have developed suicidal tendency at some point which is a serious concern and addition to this 3.5 % peoples have admitted it certainly that they have a strong feeling for such act. This is the toll of COVID pandemic on human mental health which is really concerning.



5. Social health

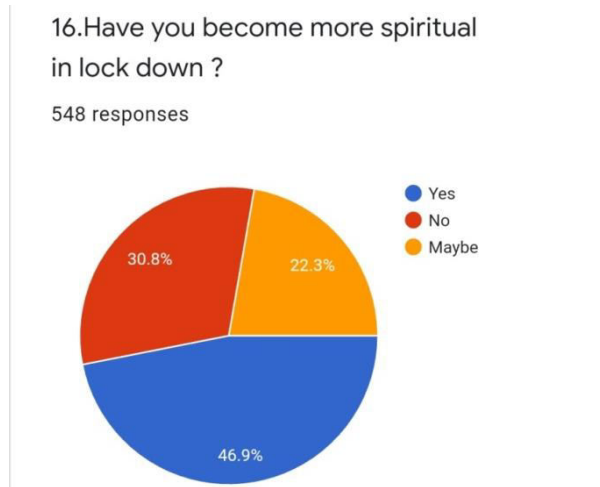
There is a well-known phrase that human is a social animal; means it's the social behavior which makes us human so the concern toward the society is of utmost importance. Assessment of social health is an important issue so we have designed two questions regarding this.

Holidays or festival breaks during the lockdown were entirely a different experience in this pandemic so in that concern we have queried for the enjoyment felt during this lockdown. According to the current study 48% of the subjects have felt the pleasure during this lockdown, the reason behind this could be due to lack of social attachments and busy ness of persons lately. So whenever humans get a chance of holiday they become happy as usual. 39.6 % of the students didn't felt enjoyment; which is a big proportion this could be due to the mental pressure and extended lockdown. 12.4 % of the subjects found neither enjoyable nor unpleasant.



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Belief in some superior power had always been the axis of human life; especially during the hard times like the corona pandemic. So it was essential to assess the influence on spiritual status of individuals; regarding that we observed that 46.9 % of the individual reported the increase in their spiritual activities. 30.8 % people haven't noticed any significant progress in their spirituality. While, 22.3 % students were found uncertain about the increase in their spiritual interest during the pandemic lockdown period.



LIMITATIONS OF STUDY

Current study has several limitations which lead to various future research possibilities. Firstly, the study should be considered as a preliminary study. Secondly, the study is limited to the students only which could be extended to other communities. Other limitations could be like follow up of the survey, more statistical approach etc.

CONCLUSION

The current study tool was designed to assess the various aspects of life which are most supposedly be affected by the corona pandemic. The study could be a basis for the assessment of students' future issue in such conditions; it could be utilized by the policymakers and other authorities of society to handling the situation in a better way during pandemic situations.

Questionnaire annexure (TABLE 1):

SN	Questions
1	CLASS in which you are studying?
2	Have you ever thought such pandemic situation?
3	Did you enjoy online studies during lock down?
4	Did you enjoy lock down?
5	Did you enjoy holidays during lock down?
6	Have you ever had depression during lock down?
7	Did you miss your school / college during lock down?
8	Did you study well at home during lock down?
9	Did you gain weight during lock down?
10	Did your eyesight get affected during lock down?
11	Would you like to continue studying online even after lock down?
12	Did the teacher teach you well online?
13	Do you think online teaching should be promoted?
14	Do you think offline teaching should be stopped?
15	Have you ever thought of suicide in lock down?

16	Did online study increase your expenditure during lock down?
17	Have you become more spiritual in lock down?
18	Have you become more negative in lock down?
19	Have you become more positive in lock down?
20	Did you feel the pain of being separated from people in lock down?
21	Did you find that there was less pollution in the atmosphere in the lock down?

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