



Mental Health among Students and Educators and its Impact on Education System during Pandemic

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ABSTRACT

Education lays the basic foundation and it is the essential building block for bright future. Among all types of education, school education is most imperative and essential for students. It is the inevitable mode of education that propels students not only to discover their interests but also invokes their passions which they carry forward all their life. It provides an impeccable opportunity for students to gain knowledge in the field of various academic domains. School education helps to shape curious minds of young children. This study tries to investigate the mental well being of students and teachers during the pandemic and after the pandemic. Effect of pandemic on students and teachers is assessed by secondary data and literature review and compiled accordingly. To assess the mental well being of students and teachers after pandemic, a survey has been designed on Google forms and it has been filled by students and teachers anonymously. Thus, a comparative study is done in order to assess the effect of pandemic on educators and students. Social skills, hobbies and interest, communication skills, critical thinking, creativity etc., all are moulded and shaped in schools itself. Thus, it is pretty to say that a large part of a child's developmental psychology evolves and prospers in school. This study is at large a comparative study of mental well being of students and teachers during the pandemic and after the pandemic. Technically it is a comparison of online and offline mode of education in the context of mental well-being of students and teachers. The findings will be communicated as result comprehensive literature review which will be followed by a survey which will be undertaken with the help of Google forms. The findings of both are illustrated and substantiated in the result and discussion sections of the manuscript.

Keywords: Pandemic, education, social skills, communication skills, critical thinking

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A healthy soul lies in a healthy mind but what if the mind itself facing the problem and not healthy? Everyone says that health is wealth unfortunately nobody discuss about mental well being. The fact is that if a person cannot be mentally fit he or she can never achieve his objectives of life. People believe that one should focus on inner happiness instead materialistic happiness. The question is how to get it?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- ❖ Biological factors, such as genes or brain chemistry.
- ❖ Life experiences, such as trauma or abuse.
- ❖ Family history of mental health problems.

My problem is, '*Mental Health among Students and Educators and its impact on Educational System during the Pandemic*'

As we can see that I have taken two variables here, one is mental health, second its impact on present Education system during the pandemic. I have already explained about mental health. The second variable is how education system got disturbed during the pandemic. It is not that our education system has never faced challenges, but this COVID-19 is one of its own kind of problems. In April 2020, Beijing, China, was in the news not because of its international relations to India. This time it was in news because of a disease, which is killing people throughout the country. It was also spreading like a fire forest towards many nations including India. Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age.

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance.

Why this problem is important (Need and Importance)

Objectives of the Study: We also explored associations between these leverages and patient and treatment characteristics and perceived coercion. The aim was to establish the feasibility of, and obtain agreement about and support for, the strongest test of the intervention, in order to produce a detailed study brief. To compare the mental strata of students and teachers, how they deal with the present situations after 2 years from the unwanted work situation.

Hypothesis: H_1 = Online teaching had a negative impact on students learning

H_2 = Online Education had a negative effect on educators mental health.

Covid-19 had affected every industry in its severity and education industry is no exception to it. The pandemic has affected learning and development of students as well as educators. The ease provided by online class came up with major health issues not only among children but also for teachers. Covid-19 changed the game for early education and in many ways it did affect all those who were involved (Addi-Racchah & Tamir, n.d.; Carrillo & Flores, 2020; Chadwick & McLoughlin, 2021; Osman, 2020; Tsegay *et al.* 2022; Wong *et al.* 2021). These mental health and psychological suffering of the focus group of our study is one of the gradual and indirect effects of Covid-19. What started in streets of Wuhan soon massacred millions across the globe. Developing and developed nations both were affected in equal quantum. Countries which boasted of having most credible in-house health infrastructures were muted and mocked by the severity of the virus. The scale at which this virus traumatized humans was never seen before. Masks, sanitizers, medicines injections et cetera fell short of the unprecedented demand. The shockwaves of Covid will be felt for long on many avenues. In this study we try to look up the mental well being of teachers and students and the subsequent effect on education. It will be a puny statement to say Covid-19 changed the education system; it changed the system, the mode of evaluation, the teaching, and subsequently learning and development of child suffered. But this trauma was not limited to children or students, teachers and educators faced the ills of Covid-19 induced changes equally. A major issue was adapting to online mode of teaching. It was a super-critical for the older teachers as their generation is not so much exposed to this technology and gizmo buzz is much of a distraction to them.

Here in this research paper we try to evaluate the implications that were induced by Covid-19 among teachers and students. To our finding a great discomfort and dissatisfaction was found among teachers in context of the learning they were imparting. Many teachers were critical about the learning and their self-righteousness impregnated a feeling of guilt in them (Aslan *et al.* 2021; Beard *et al.* 2021; Cruickshank *et al.*, 2021). On the student's side, great ease was observed in facilitating through the on-line classes and it was pretty evident but certainly learning took a back-seat. Among studious students it this deprivation of proper learning made a serious impression. Many students who used to fare exceptionally well in physical

classroom suffered in online mode. We shall discuss the findings in detail later in this paper. In our study we analyze sentiments of school children and teachers to find out what were the major repercussion of the pandemic that were induced by hybrid or online mode of teaching. The global lockdown forced education institutions to adopt an online mode for continuing education which long-lasting effects (Bonal & González, 2020; Breslin, 2021; Rajmil *et al.* 2021). It was a global scenario, no country; no demography was either immune or exception to it. Educations in many countries started crumbling because of these changes. Though the curriculum changes can be rectified at later stages but the mental trauma and emotional setback takes much longer time and even harder efforts to set back to normal. Many studies since the outbreak of corona virus have showed that implication on marks of students has not been disastrous but the learning component has shifted dramatically since then (Lee *et al.* 2021; Rajmil *et al.* 2021; Wetzlmair *et al.* 2021).

LITERATURE REVIEW

The review of literature for our focus group study was carried on the established lines set by Watson (Webster & Watson, 2002). Academic studies in all respects have laid huge emphasis on studying the literature in depth and exhaustively to better identify the root problem. Literature review is critical and crucial for development of the study. Academic researchers across the globe have made credible contribution towards studies of literature review and their significance in conducting future research is unprecedented (M. J. Baker, 2004; Booth *et al.* 2012; Donato & Donato, 2019; Rowley & Slack, 2004; Schira, 1992; Snyder, 2019). For any research comprehensive review of relevant literature is most critical and crucial part. If this aspect of research is not carefully operated the research will serve no great purpose.

Mental health has always been a taunting domain of study for educators across the globe. The crisis just unraveled the layers that were earlier hidden or were lying beneath the schedule. The omnipresent lockdown compelled government and institutions to switch to new modes for continuing education (Calderon-Garrido & Gustems-Carnicer, 2021; Khlaif *et al.* 2021; M. Kim *et al.* 2022; Kurt *et al.* 2022; Osman, 2020). These studies signify the use of desperate measures to continue education in time of crisis. The adoption of technology is rarely smooth. Be it organizations or governments, change management is a big time issue and technology adoption has always faced challenges in initial phase. But this was an unexpected and unwanted call, be it students or children everyone was facing issues even parents were not finding it convenient (Addi-Racciah and Tamir, 2020 Garrote *et al.* 2021; Yurিনova, Byrdina and Dolzhenko, 2022). Nicolas Dietrich studied the key points of distance education in his research, many other researchers across the globe studied the aspect of online education on different parameters and premises in their research with main focus on efficiency and effectiveness of the distant learning mode (Cevik *et al.* 2021; Chand *et al.* 2021; Dietrich *et al.* 2020; Joia & Lorenzo, 2021; Ng *et al.* 2022; Williams & Corwith, 2021). While many studies were focused

on developmental and success factors of students in online mode several studies forayed into studying mental health component of students and teachers involved in this paradigm. It was key development as both teachers and students had to adapt to the home environment and put their best in the academic activity. This was new for students and perhaps in many cases it was also fun-filled for smaller one's. But with the teachers it was not an easy ride. Specially the Indian women who are expected to carry the load of home management and yet give her best while imparting education. It was a tumultuous task assigned to the women and even men. Therefore studies focused on mental health of educators becomes of prime importance (Brunsting *et al.* n.d.; Chaaban *et al.* n.d.; de Mesquita Comelli *et al.* 2021; Dos Santos, 2020; Freund *et al.* 2022; Hong *et al.* n.d.; Lohmann *et al.* 2021; Poole *et al.* 2022; R. Wang *et al.* 2021; Zeng *et al.* 2021).

Mental Health

According to Centers of Disease Control & Prevention, USA mental health is “*Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.*” It is either more or equally important as physical well-being. Psychological burnout was a common factor in the Work from Home culture. Mental piece was certainly a key component that provoked the Great Resignation in time of pandemic. While mental health among corporate workers was much discussed, diagnosed and debated topic the same was not much reciprocated in context of educators. Students though found some relevance in this regard but educators were significantly marginalized. Mental health was much discussed in context of students in academic research across the globe, sleep patterns to working hours several dimensions were covered in regard of mental health in the pandemic (C. N. Baker *et al.* 2021; Daendliker *et al.* 2022; Davis *et al.* 2021; Houghton *et al.* n.d.; Iurcov *et al.* 2021; Zhao *et al.* 2022; Zhu *et al.* 2022).

Students were equally affected. For most of them adapting and adhering to the sincerity and seriousness of the school curriculum was tricky in online mode, many faced issues with learning and query resolution. Thus, it became a tough task for them to resolve their doubts without the help of teacher. To negate the absence of teacher many forayed into online tutorials which further traumatized their mental well-being (Baptista *et al.* 2020; Brandisauskiene *et al.* 2021; Cevik *et al.* 2021; Ferreira *et al.* 2021; Freund *et al.* 2022; Hsiang *et al.* n.d.; Leifler *et al.* 2022; Li *et al.* 2021; Srinivasan, 2020; Syahrudin *et al.* 2021; S. Wang, 2021).

In total we analyzed 203 records for in-depth and exhaustive search of factors, parameters and issues. The Web of Science Core Collection database was used to identify the relevant literature and consequently a step by step filtration was performed based on several factors like date range, journal indexing, journal impact factor etc.

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