

Psychological Burden - Pandemic and its Aftermath

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Abstract

On March 11th 2020, the World Health Organization officially declared the outbreak of Coronavirus (COVID-19) caused by SARS-CoV-2 virus. Interestingly, COVID-19 affected not only the physical health but also the mental health of people, especially that of the vulnerable student community across the globe. A stable mental state is vital for students to attain tutorial success to fulfill their career aspirations and pursue their profession. The pandemic led to decreasing motivation, concentration, attention span and all social interactions creating an imbalance in student mindset. Anger, aggression, frustration and annoyance were also observed. The continuing pandemic situation calling for social isolation, lockdowns, and new methodology of learning through online classes further compounded the problem, thereby taking a toll on the mental health of students with visible dysfunctional behavioural patterns during the pandemic and its aftermath. As predicted by experts the psychological burden of COVID-19 is likely to persist for several years and needs detailed investigation. This study delves into the common mental health conditions experienced by Management students of Bengaluru.

Keywords: COVID-19, Global Pandemic, Management Students, Mental Health and Well-being, Psychological Burden

JEL Classification Code: I10 and I20

1. Introduction

The COVID-19 outbreak resulted in a major health crisis and correlated mental health issues threatening both the physical and mental health of people. The aftermath unfolded with severity on the population that was hugely affected due to social distancing, home quarantine, closure of schools colleges and offices and self-isolation to avoid getting sick from the highly contagious virus. As for the young and most vulnerable student community, the pandemic raised a lot of serious concerns with deleterious outcomes on mental health due to confinement and social isolation, online study and tutoring, constraints on physical movements and lack of social interactions with friends and relatives and if infected, quarantine and fulminant mode changes. Further, the sudden changes in learning in terms of the instructional format, online study and lack of face-to-face

interactions coupled with limited resources on hand led to anxiety, frustration and depressive thoughts during the initial period of COVID-19 for students in particular. The major pandemic stressors identified were concerns about being infected, fear of family members getting infected, social isolation, frustration, boredom, insomnia, acute stress, depression, suicidal thoughts and most of all lack of correct information on the pandemic which left a trail of death and misery all around with recovery and healing that could take a long time. The psychological distress was more than evident.

1.1 Mental Health Awareness

Mental health is a vital part of a person's overall well-being. It includes **emotional, psychological and social well-being**. It impacts one's thoughts, feelings and actions besides helping determine stress coping mechanisms and

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building healthy personal and professional relationships. Maintaining good mental health helps one to cope with the inevitable day-to-day stress and work productively as well as make informed choices. Mental health is very important at every stage of our life, be it childhood adolescence or adulthood. Mental health problems can impair one's thinking, emotions and behavior. The three key variables impacting mental health are ***Genetics and other biological variables; Life experiences and any known History of mental illness in self or family members***. It is important to be aware of one's mental health and work on it to benefit by involving in activities that bring joy and happiness thereby improving moods to overcome stress and anxiety. A good mental state can improve overall well-being, bring clarity of thoughts and inner serenity build healthy self-esteem and decrease risks associated with chronic stress and depression.

1.2 Background and Need for the Study

Coronavirus belongs to a large family of viruses that could lead to mild or even serious illness if affected. COVID-19 was declared a public emergency of global concern. The widespread outbreak of the virus was associated with the risk of death and put a huge psychological pressure on the population leaving none untouched irrespective of the demographics and psychographics. Interestingly, a huge psychological impact was observed on young students during and after the pandemic subsided.

Initial studies conducted in many countries helped determine the impact of COVID-19 on the physical health of the general population as the world was seized by the pandemic. Consequently, an assessment of the impact on the mental health and well-being became important as it was observed that mental health problems were rapidly rising in the younger generation with students in the spotlight. It was suggestive that students were affected severely due to social isolation, financial distress at home, repeated lock downs, house bound all the time besides new instructional methods for learning. Further experts opined that the pandemic could significantly lead to greater degree of psychological and post-traumatic stress symptoms in students, and thus they were in focus for the research as future "Global Citizens".

1.3 Students and Mental Health

Mental health problems are prevalent and a major concern amongst students in higher education. The aftermath of the pandemic brought this vulnerable section into renewed focus. Academic pressure together with other stressors precipitated mental health problems with an exacerbation of symptoms. Low rate of treatment and at times none led to the aggravation of mental illness leading to dysfunctional behaviours, violence and self-harm in students. The exhaustion of physical and emotional feelings coupled with frustration was observed resulting in *Psychogenic Pain*.

1.4 Factors Affecting Mental Health of Students due to the Pandemic

1.4.1 Perceived Stress

Constant Stress generally affects psychological state of an individual. It causes anger, sadness and worry. It affects one's appetite, energy levels and interests besides decreasing concentration and decision-making ability.

1.4.2 Worry on Wellbeing of Self; Family and Friends

Students were concerned about health and safety of self and family members. It was extremely worrisome, if family members were elderly with comorbidities as the risk of infection, increased multi-fold. It was also unsettling if family had medical professionals or health care workers as they had to risk working in unfavorable situations and places round the clock.

1.4.3 Lack of Concentration

It was difficult for students to focus on class lessons and tasks due to distractions and interruptions because of family and household chores plus constant exposure to online media, web and computer games also affected concentration. For many lack of contact with family and friends was overwhelming leading to their inability to focus on academic work and this continues in the aftermath of the pandemic.

1.4.4 Sleep Habits

Sleep patterns turned erratic and the majority had no regular sleep and wake-up patterns during the COVID-19 outbreak. Some students reported insomnia while others had too much sleep but either way, they were irritable most of the time. The sleep quality was also said to be very poor because of anxiety.

1.4.4.1 Social Isolation

The epidemic exacerbated social isolation. The usual contact with friends, family, relatives and neighbours was significantly reduced. There were no personal interactions, especially the face-to-face meetings and conversations. This affected them badly resulting in severe mood swings and depression.

1.4.5 Poor Academic Performance

The impact of the pandemic on educational achievement was huge with difficulty in adapting to online classes. Students communicated worry about huge changes in educational programs, the nature of classes, specialized issues with online applications and trouble in adapting to web learning. Many students were reluctant to learn and expressed a tendency to procrastinate and this continues to date if not for all, at least for some

1.4.6 Eating Disorders

Sporadic eating times and skipping meals was common. Decreased appetite, eating at irregular times or emotional eating or eating when bored was common during the pandemic disturbing the routine daily eating habits.

1.4.7 Financial Woes

Many students expressed concern about COVID-19 impact on their family finances. Some revealed that their family members, especially earning members, faced job losses and financial problems as a result of wage cuts. Students felt helpless and at times as if they were a burden on the family. The financial status of many families even today remains unresolved but it is slowly limping back to normal.

1.4.8 Online Instructions and Web Learning

Student's educational burden increased as a result of online learning. Extra efforts had to be put in to gain knowledge from the ongoing online classes with their inherent digital complexities. Class tasks and practical activities became difficult to understand and complete.

1.4.9 Depressive Thoughts

Students experienced loneliness, restlessness, helplessness, worries about educational outcomes, uncertainty about the future and over-thinking. All this in addition to the financial difficulties at home were reasons for the recurring depressed thoughts with suicidal tendencies.

2. Literature Review

Zhang and Ma (2020): "Impact of the COVID-19 Pandemic on Mental Health and Quality of Life among Local Residents in Liaoning Province, China: - A Cross-Sectional Study". Sentiments and concern for family and friends were experienced during the pandemic COVID-19. Chinese province exhibited average to normal impact on the mental health of the people. The report further prescribed a few significant future exploration subjects for survey for a deep understanding of the effects of the pandemic on health concerns. The study concluded that almost half of the surveyed members (53.3%) did not feel vulnerable because of the pandemic initially.

Liang et al., (2020): "The Effect of COVID-19 on Youth Mental Health". This study sought to identify the impact of COVID-19 in China a few years later, as well as to investigate mental health variables in youth. A total of 584 young people participated in the research, answering questions about their psychological symptoms - Global Health Questionnaire (GHQ-12), Anxiety Disorders Checklist-Civil Version (PCL-C) and Negative Brick Scale Designs. The effects of COVID-19 on adolescent mental health were measured using uniform analysis and uniform performance regression. According to the results of this analytical research, almost 44 % of respondents had a tendency for developing psychological problems. Consequently, it became evident that COVID-19 may have a deep effect on mental health in adolescents. Thus,

local governments need to design effective psychological therapies for youth to cope with mental illness.

Aylie (2020): “Psychological effects of the COVID-19 pandemic on university students in the Bench-Sheko region of southwestern Ethiopia: A cross-sectional study”. This analytical research had a total of 322 undergraduate students who were surveyed with a response rate of 97.5%. Depression, anxiety and stress accounted for 21.2%, 27.7% and 32.5%, respectively. As per the study, being a woman, having a history of medical illness with low or moderate social support increased the risk of depression during the pandemic. Not living with parents and relatives who were infected with the virus and the lack of financial benefits for the family further aggravated the problem of going into depression. Drug abuse, depression, anxiety and lack of social support all contributed to an increased risk of stress among university students. In addition, students were likely to be anxiety-prone and engulfed with sadness as reported.

Zhang et al., (2020): “Mental Health Problems during the COVID-19 Pandemics and the Mitigation Effects of Exercise: A Longitudinal Study of College Students in China”. The research examined the underlying processes and potential mitigation options for students who were part of the survey at the school with 66 students as respondents. The connection between physical activity and unpleasant emotions were confirmed. COVID-19 mortality had an immediate detrimental effect on sleep quality and reduced aggression. On the other hand, COVID-19 deaths had indirect effect on common negative emotions, stress, anxiety and sleep quality. According to the study, physical exercise relieved most of the common unpleasant feelings experienced. This research suggested that pandemic outbreaks may have had an indirect effect on emotions due to stress and poor sleep quality. A practical approach to relieve high strung mood was to do daily physical exercise and have proper sleep. Finally, the spread of disease led to decrease in aggression of people while increasing awareness of the “Fragility and Value of Human Life.”

Hughes (2020): “Youth mental health in the time of COVID-19”. The psychosocial effects of the pandemic especially on children, are highlighted in this research report by Youngminds UK (Youngminds, 2020; Holmes et

al., 2020). In this UK study, 83% of children with mental health problems felt that COVID-19 was having a negative impact on their mental health, with particular concern about social interaction and lack of organized activity. This research surveyed children with a variety of mental health problems, including compulsive disorders, anxiety disorders and anorexia to find out if the pandemic crisis exacerbates their pre-existing mental problems. One in every four children surveyed who were receiving mental health services before COVID-19 stated that they could no longer access help as a result of the “Pandemic Crisis.” The research study further explained the short and long term negative impact of COVID-19 on children, outlining the consequences of the pandemic on the population at large.

Sundarasan et al., (2020): “Psychological Impact of COVID-19 and Lockdown among University Students in Malaysia: Implications and Policy Recommendations”. This research study was an online cross-sectional survey with self-assessment anxiety model being used. Of the 983 respondents, 20.4%, 6.6% and 2.8 exhibited moderate, severe and most severe hysteria respectively. Female students aged 18 years and above along with pre-university students were found to be associated with higher levels of hysteria. As per this research, financial constraints, online education, uncertainty about future, careers / job opportunities were the most stressful aspects for most students. Age, gender, education and living conditions also had a significant impact on anxiety and stress levels. The Center for Disease Control and Prevention (CDC) had issued guidelines for coping with stress and anxiety among students.

Almeida et al., (2020) “The impact of the COVID-19 pandemic on women’s mental health”. The research attempts to examine the effects of the pandemic on the emotional well-being of women. The survey conducted was based on clinical outcomes of psychological wellness and regenerative psychiatry concerning expecting women. As per the exploration, women are bound to have mental issues during a pandemic and more so in the event of labour and childbirth to go into labour and give birth to a child without any family member or friend could not only be frightening but highly stressful leading to fear and mental break down. The study suggests data about accessible hotlines, havens and help required for

families of expecting women and those going into labour to minimize their stress and anxiety in the given situation.

Salari *et al.*, (2020): “Prevalence of stress, anxiety, depression among the general population during the COVID-19 pandemic: A systematic review and meta-analysis”. This research paper found the predominance of stress, tension and sorrow in almost everybody during the COVID-19 pestilence. Stress was common among the general public, while bitterness was also dominant. Subsequently, the study underlined the importance of securing the emotional wellness of the general population so as to foster good mental health with appropriate therapies and treatments to upgrade the psychological well-being of the vulnerable groups during the COVID-19 pandemic.

Wang Y *et al.*, (2021): “The impact of quarantine on mental health status among general population in China during the COVID-19 pandemic”. This study was a cross-sectional study across China to identify the psychological effects of Quarantine on the general population to identify factors contributing to mental health outcomes in detainees, particularly teams with epidemiological conditions to provide better information to intervene with the goal of reducing mental health risks. An online survey was conducted to collect socio-demographic data and opinions on COVID-19 from 56,679 people from 34 provinces in China. The research stated that Quarantine, working part-time and having adequate information and facts on COVID-19 were all associated with fewer mental health issues in people. The research further added that the experience of community confinement was associated with fewer psychological problems. Further research is required to identify interventions to reduce psychological effects of quarantine during a pandemic and to investigate all potential semi-permanent effects of isolation on mental health.

Fruehwirth *et al.*, (2020) - “The COVID-19 pandemic and mental health of first-year college students”. This research involved examining the effect of COVID-19 stressors to evaluate the effect of disease transmission on the emotional wellness of college students Information from 419 students aged 18-20 years after the Corrid-19 flare-up. (October 2019-February 2020) and (June/ July 2020). The pervasiveness of moderate to extreme

uneasiness increased from 18.1% to 25.3% during the 4 months before the episode, and it was observed that moderate to serious melancholy increased from 21.5% to 31.7%, as indicated in the meta-research conducted. The study found that by putting necessary measures in place such as distance instruction and social disconnection during the pestilence, colleges could very much lessen the ill effects on emotional wellness due to the spread of COVID-19.

3. Research Design and Methodology

A descriptive research design was chosen, primarily describing and explaining the factors likely to affect the mental health and well-being of students. Some of the factors identified were Stress and Anxiety, Health concerns of Self and Family, Lack of Concentration leading to poor academic performance and progress Poor sleeping and eating habits, Social isolation, Disruptive thoughts etc.

3.1 Research Gap

The review of literature suggests that research studies mostly experimental in nature have been conducted across countries to understand the Mental and Psychological health of the general population as well as medical professionals, health workers, working women and others but very few studies were conducted to understand the effects of COVID-19 and its aftermath on the Mental health and well-being of the student population. Thus, the research aims to fill this gap by examining and analyzing the impact of COVID-19 on the mental health and well-being of Management students in Bengaluru.

3.2 Problem Statement

The COVID -19 situation in the recent past has brought to the open all the ill effects of it on the mental health and well-being of people in general and students in particular. Students have been impacted the most yet there is a paucity of literature on the same. Thus, it is imperative to conduct a study on students to identify the major stressors due to the pandemic. The study seeks to help and support students by creating awareness on developing mindfulness and appropriate coping mechanisms to overcome issues disturbing their psychological well-being in the last few

years. The study aims to suggest ideal strategies and support systems for students to come out strong in the face of COVID -19 and its variants which have caused immense harm and damage to mankind. In short, the impact of COVID has been devastating for many across the globe and is felt even now despite almost a few years gone by.

3.3 Objectives of the Study

1. To examine the impact of COVID-19 pandemic and its aftermath on mental health and wellbeing of Management students in select Colleges and Institutes in Bengaluru.
2. To identify the major pandemic stressors and suggest strategies and coping mechanisms for Management students in Bengaluru to overcome mental health issues and challenges encountered.

3.4 Selection of the Study Base

Bengaluru is known for Management education with its reputed Management colleges and Institutes. The quality of management education imparted and the high rate of success in student placements across the industry is appealing. Thus, many students arrive here, from across the country to pursue their Management courses to fulfil their career aspirations.

3.5 Sampling

The Convenience Sampling procedure is adopted because of accessibility and availability of participant students in the selected colleges and institutes of Bengaluru. The Sample size constituted 122 respondents drawn from 8 reputed Management Colleges and Institutes such as Jain, Presidency, RV, PES, CMS, MPBIM and others for conducting the research study. Participant demographics (age, gender, academic year and major) were compiled, and a structured questionnaire was administered.

3.6 Limitations of the Study

1. Time Constraint.
2. The findings of the study are limited to the Management Students of Bengaluru.
3. The findings are suggestive and may not be conclusive.
4. Student response veracity due to the stigma attached to mental health concerns.

3.7 Hypotheses - The following Hypotheses are Floated for the study. They have been Tested using Simple Linear Regression

3.7.1 Perceived Stress and Academic Performance

H_{01} : There is significant relation between Perceived Stress and Academic Performance due to COVID-19 Pandemic

3.7.2 Difficulty in Concentration and Academic Progress

H_{11} : There is significant relations between Difficulty in Concentration and Academic progress due to the COVID-19 Pandemic.

3.7.3 Perceived Stress and Concern on Own Health and Health of the Loved Ones

H_{12} : There is significant relation between Perceived Stress and Concern on own Health and Health of the Loved Ones due to COVID-19 Pandemic.

3.7.4 Depressive Thoughts and Sleeping Habits

H_{13} : There is significant relation between Depressive Thoughts and Sleeping Habits due to COVID-19 Pandemic

4. Data Analysis

4.1 Regression Analysis

Reliability Test: A structured questionnaire was self-designed and used to collect responses from 122 respondents from the select Management colleges and Institutes of Bengaluru. The Cronbach's alpha coefficient for 40 items is 0.858, suggesting that the items have excellent internal consistency and acceptance.

Analysis and Interpretation: From Table 1, R value is 0.297 indicating the correlation between the independent and dependent variables as positive but not very significant statistically. R Square and Adjusted R Square are .088 and .081 respectively which signifies that 91.2% of the variance in Perceived Stress cannot be explained by Academic Performance only and there may be other variables and attributes influencing the Perceived Stress. The model is a good fit as the F value is greater than 1,

Table 1. Model summary and ANOVA of perceived stress on academic performance

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.297 ^a	.088	.081	.891

a. PS1 Predictors: (Constant), PS1

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	9.230	1	9.230	11.638	.001 ^b
	Residual	95.164	120	.793		
	Total	104.393	121			

a. Dependent Variable: AP1

b. Predictors: (Constant), PS1

which is 11.638. The p-value computed is 0.01, which is less than 0.05. (at 5% level of significance). Therefore, the alternative hypothesis is accepted. Thus, there is significant relationship of Perceived Stress on the Academic Performance of students.

Table 2. Model summary and ANOVA of difficulty in concentration and academic progress

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.377 ^a	.142	.135	.864

a. PS1 Predictors: (Constant), DC1

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	14.805	1	14.805	19.831	.000 ^b
	Residual	89.588	120	.747		
	Total	104.393	121			

a. Dependent Variable: AP1

b. Predictors: (Constant), DC1

Analysis and Interpretation: The R value is 0.377, as shown in Table 2, indicating correlation among independent and depended variable as positive and moderate. The R Square and Adjusted R Square values are 14.2% and 13.5%, respectively, which signifies that 85.8% of the variance in Difficulty in the Concentration of students cannot be explained by Academic Progress alone. Therefore, there must be other variables and attributes that may influence Difficulty in Concentration. The model is a good fit since the F value is greater than 1, which is 19.831. The p-value computed is 0.000, which is less than 0.05. (at 5 percent level of significance). Therefore, the null hypothesis is rejected, and alternative hypothesis is accepted. Thus, there is a significant relation between Difficulty in Concentration and Academic Progress of students due to the COVID-19 Pandemic.

Analysis and Interpretation: Table 3 shows the R value as .475, which indicates that the correlation of independent and depended variable is positive and moderate. R Square value is 22.5%, and Adjusted R Square is 21.9% which signifies that 77.5% of the variance in Perceived Stress cannot be explained by Concern on Own Health and

the Health of Loved Ones alone, and there must be other variables and attributes that influence Perceived Stress in students .

The model is fit since the F value is more than 1, which is 34.887. The p-value computed as 0.000^b, which is less than 0.05 (at 5% level of significance). Overall, the regression model is precise. Therefore, the null hypothesis is rejected, and alternative hypothesis is accepted. Thus, there is significant effect of Perceived Stress regarding Concern on Own Health and Health of the Loved Ones due to COVID-19 Pandemic.

Analysis and Interpretation: Table 4 indicates the R value as 0.372 which suggests a correlation between independent and dependent variable. The R Square value is 13.8% and the Adjusted R Square value is 13.1%. This means that 86.2% of the variation in Depressive Thoughts cannot be explained just by Sleeping Habits alone. There must be other variables and attributes that influence Depressive Thoughts. The model is fit since the F value is greater than 1, which is 19.277. The p-value computed is 0.000, which is less than 0.05. (at 5 per cent level of

Table 3. Model summary and ANOVA of perceived stress on concern on own health and health of loved ones

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.475 ^a	.225	.219	.979

a. Predictors: (Constant), COH1

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	33.439	1	33.439	34.887	.000 ^b
	Residual	115.020	120	.958		
	Total	148.459	121			

a. Dependent Variable: PS1

b. Predictors: (Constant), COH1

Table 4. Model summary and anova of depressive thoughts and sleeping habits

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.372 ^a	.138	.131	1.255

b. Predictors: (Constant), DT1

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	30.377	1	30.377	19.277	.000 ^b
	Residual	189.098	120	1.576		
	Total	219.475	121			

a. Dependent Variable: SH1

b. Predictors: (Constant), DT1

significance). Therefore, the null hypothesis is rejected and the alternative hypothesis is accepted. Thus, there is a significant effect of Depressive Thoughts on the Sleeping Habits of students due to the COVID-19 Pandemic.

4.2 Regression Results at a Glance

1. There is a significant relationship between Perceived Stress on the Academic Performance of students due to the COVID-19 Pandemic.
2. There is a significant relationship between Difficulty in Concentration on Academic Progress of students due to the COVID-19 Pandemic.
3. There is a significant relationship between Depressive Thoughts on Sleeping Habits of students due to the COVID-19 Pandemic.
4. There is a significant relationship between Perceived Stress on Concern on Own Health and Health of Loved Ones of students due to the COVID-19 Pandemic.

Thereby all alternative hypotheses floated are accepted and all null hypotheses rejected.

5. Discussion and Conclusion

Mental Health is paramount as it can affect one's overall health and well-being in humans. Two major concerns

identified amongst students were "Anxiety and Irritability". Scholastic and personal challenges also led to acute psychological discomfort in them. Further it elevated the existing psychological problems associated with young adults just out of their teenage years, amplifying the problem. With the outbreak of COVID-19 across the globe, the costs incurred in terms of health, wellness and lost lives have been appalling and beyond belief. The way it has effected students and family livelihoods has been devastating, and could take a long time for recovery.

The effects on physical health, psychological and mental health of those contracting the disease has been huge. Needless to say, the aftermath of the pandemic has been hurtful, beyond expectations and brought to the forefront the "**Frugality and Uncertainty**" of Human Life and Existence. As we are all aware, uncertainty is inherent in life. The reality is that change is inevitable, even when we wish for status quo, so nothing is certain and random events like the COVID -19 teach us important lessons in life that of **Humility and Grace, Compassion and Help and most of all Acceptance of the Inevitable** as and when it happens, when caught helpless and totally unprepared to deal with the fallout.

Facilitating Better Mental Health and Well-Being: COVID-19 and its Aftermath

Self-management basically helps in overcoming stress in most situations. A Positive mindset with activities like Meditation, Yoga, Physical and Breathing exercises, following healthy daily routines and positive affirmations do help maintain good mental health in the long run. Other ways to overcome stress and anxiety are to be busy with Hobbies, Playing both indoor and outdoor Games, Spending Time with Pets, Journaling, Music and Dance, Reading and Writing, Drawing and Painting and Gardening. All these activities keep the mind fresh and go a long way in managing stress and other psychological problems

Volunteering and Social Service generally uplift and boost self-confidence, self-esteem and self-satisfaction. Volunteering to serve the sick, old and underprivileged people can help beat stress and anxiety and at the same time provide an inner satisfaction of helping the distressed due to the pandemic crisis which continues to loom large on the population especially the financial crisis which in turn impacts many other aspects of daily life. Doing social work in the community is a huge stress buster, as the focus is on others rather than the self which provides a sense of satisfaction and gives one a sense of pride and identity. By helping others one tends to help one's self, thereby overcoming mental health problems to a great extent.

Seeking a support system is very necessary to help people facing mental problems. Open Communication with family and friends besides the medical professionals can help cope with stress and anxiety. Connecting with friends and relatives through virtual means like Zoom and video calls also help focus on good things rather than brood on the gloominess of the depressive situations. ***Typically receiving support from skilled healers and certified counsellors besides the Mobile service apps for mental health problems can help alleviate mental health problems.***

The practice of self-compassion and self-care are key during adverse times. One must practice self-care to handle acute stress and anxiety and find suitable strategies to overcome them. It is very important to learn to be compassionate and avoid self-judgment. It is normal to experience nervousness and fear when uncertain events such as the pandemic occur. The ultimate goal in such times is to stay fit both physically and mentally in whatever way one can to stay afloat and wait for things to subside and pass.

Find strength and courage from adverse events of the past. Many adverse events have occurred in the past, like the flu epidemic, plague, etc., with similar challenges encountered by people across the globe. Strength and courage may be drawn from the past experiences of them and how they weathered the situation. By doing so, one can gain confidence to face the challenges and draw strength that all mankind is in it together and seek solace in one another from a sense of common humanity.

Enjoying the Streaming Services and Social Media also helps in overcoming stress and anxiety to a large extent. Live games, music, web series, sports programs and on demand videos on topics of interest are all a part of the various streaming services available but they need to be kept to a bare minimum as they are highly addictive leading to binge watching and other side effects. Social media also helps but spending too much time on social media is a strict no as it can become an addition that is very difficult to get off with too many bad effects that may be counterproductive.

Finally, it is up to each individual to identify a suitable coping mechanism that best suits him or her to overcome the challenges encountered due to the pandemic and uncertainty that is inherent in life, to the come out a winner. One must be motivated to learn on how to deal with random events such as the Pandemic as it is a known fact that life is always associated with uncertainty. Most of all , it is vital to understand, accept and acknowledge the harsh reality of how random events such as the pandemic may uproot lives and be a detriment to human existence.

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