

CORONAVIRUS & HOW IT CHANGED THE YOUNG MIND

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CORONAVIRUS & HOW IT CHANGED THE YOUNG MIND

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Abstract:

The outbreak of the coronavirus pandemic has had a profound impact on individuals of all age groups, including young minds. This abstract explores the ways in which the coronavirus has brought about significant changes in the lives and perspectives of young people. The coronavirus pandemic has disrupted the normal routines and activities of young individuals, including their education, social interactions, and overall sense of stability. With schools and colleges closing down and transitioning to online learning, young minds have had to adapt to new modes of education and face challenges such as limited access to resources and the absence of face-to-face interactions with peers and teachers. In conclusion, the coronavirus pandemic has had a transformative effect on young minds, altering their perspectives, experiences, and aspirations. The challenges and uncertainties brought about by the pandemic have sparked resilience, adaptability, and a heightened sense of awareness among young individuals. As they navigate through these unprecedented times, it is crucial to provide support and resources to help them cope with the emotional, educational, and societal changes brought about by the pandemic.

Introduction:

Coronavirus is a pandemic disease that happened by newly found SARS- Cov-2 disease. The majority of people who are sick with Coronavirus will have a mild to middle illness, Covid19 is transferred through droplets, cough, sneezes, and heart breath. The Coronavirus droplets are very heavy so they cannot hang on by the air from a long distance. People can get Coronavirus by breathing in a short distance with others who have Covid19, or in the other ways are by touching dirty items and then touching their nose, mouth, and eyes. Afterward, the named SARS- Cov-2 was first reported by police officials in Wuhan City, China, in Dec 2019. Traced back by the Chinese authorities,

the first human got it early in December 2019. The first outbreak of Coronavirus was in Wuhan City and the city was closed on 1 January 2020.

The present Covid-19 pandemic has generated disorder all around the world. To solve the spreading problem of Coronavirus the government of India had closed the country on March 24th, 2020 for 21 days which got extended to a few months. Lockdown had been disturbing to all the population's living life such as farming, export-import, industries, schooling, career, etc. Moreover, the majority of students have become bored of online classes and it's also made so many students lack in-class activity. To counter the Covid19 pandemic, more people have been defined indoors whereas the lockdown is the best solution of Covid19 disease and it's also affected in terms of psychological effects during the lockdown period. Moreover, the pandemic has brought to the forefront issues such as social inequality, healthcare disparities, and the importance of public

health. Young individuals have become more aware of these issues, engaging in discussions about social justice, healthcare systems, and the role of government in crisis management. This heightened awareness has sparked a sense of activism and a desire for positive change among young minds. The pandemic has also sparked feelings of fear, anxiety, and uncertainty among young people. The constant exposure to news updates and discussions surrounding the virus has influenced their mental well-being, leading to increased stress levels and emotional distress. The fear of contracting the virus and its potential impact on their loved ones has had a profound psychological effect on young minds, shaping their perceptions of personal safety and the world around them.

The shift towards remote work and online communication has also influenced the career aspirations and professional outlook of young people. Many have had to adapt to virtual internships, job interviews, and networking opportunities, requiring them to develop new skills in digital communication and remote collaboration.

Hypothesis:

Coronavirus has negatively impacted the mental well-being of teenagers and young adults.

Methodology:

We used secondary data and built on that information to support our hypothesis.

Review of Literature:

The public in the whole world is fully aware of the physical effects of Covid-19 infection and how to prevent exposure to the coronavirus and manage symptoms of COVID-19 if they appear. Especially amongst teens and young adults, their life has been severely affected due to many factors relating to covid and it has taken a toll on their mental health. However, the effects on the mental health of the general public have not been studied enough and are still unknown. As all efforts are focused on understanding the pandemic, the clinical effects, transmission patterns, and management of the COVID-19 outbreak, there has been very little concern expressed over the effects on one's mental health and strategies to prevent severe mental health issues. The present situation requires raising awareness in public, which can be helpful to deal with this calamity. This research paper provides a detailed overview of the effects of the COVID-19 outbreak on the mental health of people.

Global Impact on Youngsters:

COVID-19 has hit our planet, with devastating effects on children and families around the world. From job losses to lack of provision, parents and children face new and changing sources of stress. Parents not only care about their children's physical health and protect themselves from the virus but also their emotional and mental health. Children were immediately removed from their schools and kindergartens to reduce their risk and transfer, and later the parents faced a difficult decision whether to return or not. Child care became increasingly unstable, and previous methods and formations were no longer available. Just as parents do a balanced act of working at home (if you are lucky enough to have a choice) while ensuring that children participate in their education, they are also concerned about providing children with encouragement and performance while

maintaining safety.

Overseas data show that the numbers of children infected, infected, or dying from the virus are much smaller compared to older groups (Our World in Data, 2020). Since the numbers of children affected are relatively low, they may seem small or insignificant, but if we were to ask the parents of these young adults and children, would they agree? Many children with COVID experience minor cases, which are still a source of concern for parents and families as they follow older, more vulnerable people who have been in contact with their children. Some children experience more severe symptoms. Foster et al. (2020) conducted a study involving 57 pediatric patients with COVID-19 during the onset of the outbreak. Of these patients, 83% were given a fever or cough, and all those who needed hospitalization had secondary diseases including diabetes ketoacidosis, vaso-occlusive problem, acute chest syndrome, asthma, mood swings from hyponatremia, active arthritis, or appendicitis (Foster et al., 2020).

It is not said that children who have not yet been officially diagnosed with the virus have not been affected. Children are at risk and are at increased risk of abuse during school closures (Culver et al., 2020). COVID-19 also introduces specific challenges related to food safety for some children (Pérez - Escamilla, Cunningham & Moran, 2020). They are at risk of increased stress and depletion of supporting resources adjacent to this disease that could affect their mental health (Clemens., Et al., 2020). Children are also affected by posttraumatic-related drugs (Zhou, 2020). It has also been observed that reluctance to seek medical help for fear of receiving COVID-19 has led to reduced acceptance but increased resilience when receiving care (Ciacchini et al., 2020).

What are online classes and how do they work?

With online classes, you can never set foot in a physical class. All aspects of the class, from coursework to exams, take place online. Some schools have offered online learning apps, while others will require you to sign in to a website with a web browser. No matter, subscribing to an online class means you will be studying remotely. (That is why online learning is sometimes called "grade education.")

Mental Impact on Youngsters:

The effects of social isolation and mental illness vary from person to person. You may have had a serious mental health problem in the past, or you may be feeling emotionally different from responding to a pandemic and wondering if this is normal and if it will go away. Here are some signs to take seriously:

Sleep Disorders:

Sleep is important for good mental health, but a new routine or lack of one can cause sleep disturbances that lead to anxiety and confusion. Keeping track of time alone becomes a challenge. Increased exposure to blue light suppresses your body's production of melatonin and is associated with insomnia, dizziness and dizziness, and even nightmares. Sleep disorders can also cause depression and anxiety.

Loneliness:

During this pandemic, youngsters are affected more but this is not known by others for what reason they are facing Loneliness. Most youngsters who are affected by Covid-19 are supposed to be self quarantined there is no alternative other than being in isolation that is the second reason why Loneliness has more impact on youngsters. Many youngsters prefer chit-chatting with friends and families, sometimes their hobbies are to play their favorite games, while they are isolated there will be no human relations physically where they can express their certain emotions only by their physical representation, meanwhile, they spend most of the time on using electronic gadgets. Even though if they distract their mind to overcome Loneliness they eventually fail to understand certain emotions that loneliness can be overcome only when they meet the person whom they would want to meet and open up with whom they can be very close but here they are not having that opportunity and they chat with that person through mobile phones etc. Now they feel that they are being isolated and they are not having any sort of opportunity to meet their loved ones and this is one of the major problems for loneliness.

Everybody is facing this situation but when it comes to youngsters they are more affected by loneliness because their daily routine has been changed, some love to travel, some will go crazy about driving, etc and when they are in the house nearly for 1 year it leads to loneliness from their closed circle (friends, relationships). We know very well that being in the house is safe for us instead of roaming outside but still it is hard to accept for youngsters, at this age, they are keen to roam outside and adventure but if they are not given that freedom they feel lonely even though they are surrounded by their family.

Stress:

Young adults are facing a lot of stress which is not known by society. They are facing stress while attending online classes throughout the whole day, many exams and assignments, and that leads to stress. Thinking about whether their studies will end online itself leads to stress. When one of the family members is not affected by Covid-19 they used to take care of them and see them physically losing hope and not recovering this leads them to constant stress. Sometimes being at home will give them many chances to change their usual character, they might not have their usual routine which relieves stress and this leads to unnecessary behavioral change in them, for e.g they used to shout at their close surrounding people unnecessarily without any reason. This leads to expressing their stress.

Depression:

Due to the pandemic, teens are forced to stay away from normal social interactions and even social distancing has made things difficult. Withdrawal, drop in grades, isolation

from family members, change in sleeping or eating habits are some common symptoms parents should be aware of. Children have been facing feelings of distress which may turn into emotional fear or towards acting out behavior. They might feel more alone due to their lack of maturity in understanding Covid's effect on the entire world and not just their own. This is why early detection of anxiety and depression can lead to early intervention and better treatment outcomes.

Solutions:

- There is a need to make therapy for teens and young adults more accessible. This collaborative network of parents, psychiatrists, psychologists, pediatricians, community volunteers, and NGOs is required. This could be done through the use of digital platforms and video meetings. This would crucially help in preventing mental challenges during and post-pandemic.
- School/College teachers can be provided with teaching material which focuses on awareness of mental health problems and prevention methods. Teachers can also collaborate with the school and the parents and connect the affected student to mental health care professionals.
- Online questionnaires and Zoom Sessions should be organised to detect psychological distress and other symptoms.
- Teachers can make children understand the importance of human virtues like empathy and patience among others. This can help them to understand their role in society and understand how social distancing is not equivalent to emotional distancing.

Conclusion:

Even though the rate of COVID-19 infection amongst teens and young adults is low, the stress confronted by them poses their condition as highly vulnerable. Many cross-sectional studies have been conducted to analyze the impact of COVID-19 and lock-down on children and youth. The results of many studies conducted on this demographic show that the nature and extent of this impact depend on several vulnerability factors such as the developmental age, educational status, pre-existing mental health condition, being economically underprivileged, or being quarantined due to infection /fear of infection. Studies show that young children show more clinginess, disturbed sleep, nightmares, poor appetite, inattentiveness, and significant separation problems.

The closure of school and activity centers for long periods together in exposing the youth to psychological illnesses as they experience loneliness, anxiety, and uncertainty. Compulsive use of online gaming and social media puts them at higher risk. Children and adolescents with mental health conditions are not used to variation in the environment.

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