

Jignasa Student Study Project on the topic entitled "EFFECT OF COVID-19 ON STUDENTS HEALTH AND PSYCHOLOGY" by the Department of Botany, Government Degree College, Khairatabad, Hyderabad.

**Student names:** Ms. K. Ramya Sree Satya, Ms. Farhana Begum, Ms. Tasleem Fathima, Ms. Khushbu Kumari and Mr. K. Venkata Harish Chandra

**Supervisor Names:** Dr. P. Vijaya and Dr. K. Sarojini Chakravarthy, Assistant Professors of Botany

**Synopsis:** According to the UNESCO monitoring report nearly 99% of the world's student population in 192 countries were affected due to imposing of lockdown during COVID-19 pandemic situation To evaluate the impact of COVID-19 on the students physical and mental health in our local area through an online and offline survey was undertaken. A cross section of school and college students participated in the survey by using a questionnaire which focussed on the life style disruptions, physical and mental health, sleep patterns, usage of mobile phones, interaction with the family, living environment, education, Covid Approved Behaviour (CAB) and transformation from the pre-pandemic routine life. The study also used online mode through Google platform for the self-assessment of the students. A total of 524 students participated in the survey and were divided into two major age groups of 14-16years and 17years & above. Among them, 339 students in the offline and 185 students on the online platform participated in the survey. 21.2% of school and 24.3% of college students were concerned about the people who are in contact.

Majority of the students expressed drastic changes in their sleeping patterns. 53.9% of age 14-16yrs and 45.3% of above 17yrs age retire to bed late and wake up late. 29.4% of age 14-16yrs and 13.2% of above 17yrs age faced difficulty in sleeping. Around 35% of the students of both age groups had social media distractions affecting their studies. 30.2% and 25.9% of age groups 14-16yrs and above 17yrs respectively lacked motivation to study. 58% of both age groups had health issues like blurred vision, body ache & changes in the posture due to more usage of mobile phones. 16.8% of 14-16yrs age group and 22.5% of above 17yrs of age group were deprived of interactive environment. 38.6% and 32.9% of age 14-16yrs and above 17yrs respectively feared of their loved and dear ones being affected by corona virus.

57.9% of age 14-16yrs and 53% of above 17yrs age spent more on protein rich diet to boost their immunity during this pandemic situation. 34.4% and 40% of age groups 14-16yrs and above 17yrs respectively were not comfortable in taking online examinations. 38.6% of the school students faced a problem with continuous usage of mobile phones where as 42.4% of the college students had difficulty in keeping pace with online classes. The major reasons that led to Depression in the students during the lockdown period from the survey were as follows: lack of hope, loneliness, fear of academic performance, suicidal tendency, lack of interaction with the society, negative impact on social personal relationships and staying continuously at home.

The study has provided an insight on the impact of the covid-19 on the mental health and psychology of the students during lockdown. We arrived at a conclusion that both school and college students suffered severe mental disorders along with physical fitness. The primary concern of the students was about their family members being affected by corona virus.

The signs of 3<sup>rd</sup> wave having set in; CAB clubbed with the instructions from the health authorities must be adhered strictly to break the spread of the infection. Covid awareness programmes should reach every house hold and students should take the initiation in educating their family and neighbourhood as a social responsibility.

Our appeal to the Telangana government is to regularize hospital fees on a common platform, provide ICU facilities, oxygen cylinders, sufficient ventilators and life saving drugs. To impose partial lockdown without disturbing the education of the students at all levels. Make provisions to administer vaccine to the students in the place of their study. To organize awareness programmes on COVID-19 and the precautions to be taken in the educational institutions and local basthis where population density is high.

Balanced and active life strengthens our physical and mental status.









ASPER CCE proceedings Ignasaw Student Study Project<sup>2021</sup>/<sup>2022</sup> was conducted by the Department of Botany. 05 students were selected to conduct the research.

Title of the project is "Impact of Covid-19 on Students Health and Psychology"

The main objective of the project is to help the students how to overcome the pandemic effects on mental and physical health of them.

Participated candidates

SNO	Name of the candidate	Hall ticket number	yo of study
1	Ramya Sree Satya	1140-19-341-010	III <sup>rd</sup> yr MBZ
2	Fazhana Begum	1140-19-340-008	III <sup>rd</sup> yr ANSZ
3	Tasleem Fatima	1140-19-340-024	III <sup>rd</sup> yr ANSZ
4	Khushbu Kumari	1140-19-340-016	III <sup>rd</sup> yr ANSZ
5	Venkatesh Harish Chandra	1140-20-145-041	II <sup>nd</sup> yr BZC

B. Sofia Rami

