

2.

IMPACT OF LOCKDOWN DURING COVID-19 ON MENTAL HEALTH AMONG ADOLESCENTS: POSITIVE APPROACH BY DEPARTMENT OF HIGHER EDUCATION (GOVT. OF HARYANA)

Dr. Mandeep Sharma*

*Assistant Professor & Head, Dept.Of Psychology,
Klp College Rewari, Haryana (India)

INTRODUCTION

Mental Health-The term ‘mental health’ was first coined by Jorm et al. (1997) meaning ‘knowledge and beliefs about mental disease which aid their recognition, management or prevention’. WHO famously defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (WHO, 2001a). WHO has recently proposed that mental health is “ a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community” (WHO, 2001b).

The mental health term use as main psychological impact to date is elevated rates of stress or anxiety. The impact of lockdown during COVID-19 as mental health challenges particular in adolescents describes the level of loneliness, anxiety, stress, irritation, confusion, addiction of internet and self-harm or suicidal behavior are also expected to rise in this crisis situation. Mental health professionals (clinical psychologist, counselor, and behavioral consultant) face challenge due to very less information regarding the psychological impact and underlying mental health conditions of general public. However average focus is being paid towards the impact of lockdown on mental health of adolescents in India (MOHFW, 2020).

Lockdown-Lockdown is meant to prevent the spread of infection from one person to another, to protect ourselves and others. This means, not stepping out of the house except for buying necessities things like medicine, food items and exempted rules for essential service providers by the center government’s guidelines. The simple words of pair “*Stay Home: Stay safe*” fit for the lockdown situation to express its importance and meaning. The key feature or characteristics include such as handling social isolation, Focus on facts and reject rumors and theories with the handling emotional problems of all.

BEHAVIOURAL CHANGES DURING LOCKDOWN AMONG ADOLESCENTS:

ANXIETY- anxious behavior increased to panic situation in adolescents due to lockdown. The lockdown period for adolescents relate to their academic worries, career orientation as well as fear of incompleting task with plan programs. In the period of lockdown maximum adolescents explore anxious behavior with question mark in academic fields and carrier outcomes regarding the current scenario. They were found themselves in failure conditions without any fault and consequences also lead to negative directions. As a result whole situation force them for over thinking with doubtful conditions especially in the school students. A recent study in India confirm these observations and found that young adult experience moderate & severe level of anxiety and depression during the lockdown (Kazmi , Hasan & Saxena,2020). The questions strike in again and again during the lockdown period related with academic uncertainty and deprived from group behavior activities leads to high anxious level in adolescents.

AGGRESSION- level of aggression or high expression of anger in adolescents seems to high side due to loneliness & low adjustment pattern in daily activities due to lockdown. In this stage, the adolescents express their conflict and frustration within the family as aggressive expression. It is also important to mention here that the aggressive behavior may be due to some others family factors such as family environment, lack of communication and many more but lockdown impact cannot ignore in aggressive approach in behavior among the adolescents.

LONLINESS- Lockdown has seen an exponential rise in subjective feeling of loneliness as opportunities to interact face to face was limited. This is particularly so for students who are confined to the restriction of their homes for weeks and months on end doing nothing. This situation was an alternative key with the maximum uses of Internet and mobile phones as replacement for real human interaction. But maximum use of internet and phones also negative impact on mental health so as results loneliness create more dependency on electronic gadgets.

INTERNET ADDICTION- adolescents prone to gaming addiction are more vulnerable to the temptation of gaming addiction. The symptoms of gaming addition had been on the rise during lockdown. This is evidenced by an exponential increase in adolescents/adults playing games like PUG G and this has had a detrimental effect on their mental wellbeing.

IRRITATION- Due to lockdown situation, major change observed in adolescents' behavior was irritation. This change have many causes and possible responsive factors such as mental fatigue, home environment , parenting approach, dependency on social media friends as well as unauthentic news sources may be enhance the irritation level in adolescents during the lockdown period.

The above mentioned psychological factors occur during lockdown influence on the mental health and psychological well-being in adolescents group. In the next section of this article it's important to discuss various booster of mental health within the family and directly related to the adolescents well being level.

BOOSTER OF MENTAL HEALTH:

POSITIVE PARENTING - In the transition period of adolescence, parenting styles (Authoritarian, Authoritative, Permissive and Neglectful) have an effect on behavioral and mental health problems (i.e. adjustment problems, antisocial behavior, depression, psychological distress etc.) among adolescents. Authoritative Parenting style has been found

to predict the child's well being in various domains such as social competence, academic performance (Sharma, 2017) psychological development, adjustment and problem behavior (Sharma, Sharma and Yadava , 2011). Children of parents who use an *authoritative style* learn that conflicts are most effectively managed by taking the other person's viewpoint into account within the context of amicable negotiation. It may conclude that this type of parenting is also conducive to good moral development. Authoritative parenting is very useful in this situation whereas adolescent's faces lot of problems related to their academic, emotional & health areas during lockdown.

ADJUSTMENT - adjustment process is a way in which the individual attempts to deal with stress, tensions, conflicts etc. and meet his or her needs. In this process, the individual also makes efforts to maintain harmonious relationship with the environment (Kulshrestha, 1979). The term adjustment is often used as a synonym for accommodation and adaptation. When person mentally prepared for adaptive behavior then he/she learn how to boost mental health issues even in lockdown situation and cope with the environment. Schools going students as well as fresher of the colleges were not developing psychological preparedness before the lockdown or during current situation. As a result all learners under the doubtful and conflict conditions while the situation is not permit for the experiment or trails regarding academic carrier (promotion of next class, admission in higher classes and job oriented courses). In the lockdown situation only adaptation to the environment may be possible solution for better outcomes and adjustment pattern in life especially in adolescents.

INVOLVEMENT IN CREATIVE WORK- PAINTING, DRAWING, STORY COMPLETION TASK

POSITIVE STEPS BY DEPARTMENT OF HIGHER EDUCATION (GOVERNMENT OF HARYANA) DURING LOCKDOWN (COVID-19)

ONLINE EDUCATION-In the challenging period during lockdown, the approach of Haryana government (Education Department) is appreciable with remarkable outcomes especially in education system at school as well as college level. Education department of Haryana instructed to the Head of educational institutions at various levels (school & college) for immediate startup the online education for the learners so that pending syllabus would be complete by the session. In the real sense its positive impressions practically chalk out by the hard work of teachers during lockdown.

On-Line International Seminar on “*Handling Mental Health and Psychological Resilience during COVID Pandemic*” (23/05/2020 to 25/05/2020). Department of higher education department, govt. of Haryana organized an effective international seminar for the teachers who are working in higher education system by active and energetic officials i.e. Joint Director(Dr. Anju Manocha) & Deputy Director (Dr.Hemant Verma) in Department of Higher Education. This international seminar was really an academic activity(contribution of poster on different themes) with learning and enhance the knowledge whereas the national & international speaker/resource person really share their experience how to use individual potential to handling mental health and psychological resilience during COVID pandemic. Approximate 320 teachers as participants in the seminar and surely enhance their knowledge during the time with the implementation of thoughts, ideas, experience and practical approach to the students.

PSYCHOLOGICAL HELP PROVIDER-COUNSELING PLATFORM PROVIDE BY DHE, HARYANA

Under the guidance of Sh. Ankur Gupta, IAS (Principal secretary, DHE) along with effective leadership of Sh. Ajit Bala Ji Joshi, (IAS) DGHE, with the other active and energetic officials i.e. Joint Director(Dr. Anju Manocha) & Deputy Director(Dr.Hemant Verma) in Department of Higher Education, A TOUCHBASE LIVE platform was started. However the continue efforts for reduce the psychological distress (stress, anxiety, confusion) during lockdown and after this the counseling service is providing to the adolescents till date by the professors of psychology. Tele –counseling service (AUDIO-VIDEO) is being provided to assist adolescent’s as well young adults in these dire times. The aim was to provide consultation over the phone when physical movement was restricted across the country during lockdown.

Two main counseling services on **TOUCHBASE Live** platform and **YOURDOST** helpline(18003132023) for students at various level(school & college/university) introduced by the Honorable Chief Minister of Haryana and worthy Education Minister through effective efforts by the department of Higher education. This counseling platform has directly active involvement of approximate 200 trained (collective efforts of DGHE & Touch base. Live professionals) professors of Psychology from all over Haryana who are working in different colleges (govt. & govt. aided) and university level.

Is the COVID-19 situation causing
Anxiety, Confusion, Stress?
Don't bear it alone!

Have your concerns addressed by qualified counsellors on
TouchBase Live
<https://touchbase.live>

Free Registration and consultation Online, Video-calling based

Introduced in public service by Department of Higher Education, Government of Haryana
In association with Findability Sciences

ESri, Manohar Lal TouchBase Live स्वयं-सहायता केंद्र, हरियाणा

Feeling stressed or have queries or uncertainty ?

Keep your **COVID19 anxiety** at bay with Haryana Government's Web and Tele-counselling solutions **YourDost & TouchBase.**

Now connect remotely with about 200 psychological counsellors/teachers of Haryana, from the safety and comfort of your home.

Get in touch with credible mental health counsellors through video call on the touchbase.live web portal or call at the YourDost Counseling Helpline

So what are you waiting for?
Register online at
<https://touchbase.live/>
or call at **18003132023.**

Solution provided by Findability Sciences, Your Dost, and Department of Higher Education, Haryana Government.

Source: (www.highereduchry.com/photo gallery/images)

Department of Higher Education, Haryana is providing helpline services to cater to the needs of the public (specially focused on students of school & colleges level) at large to help them with queries regarding the examination as well as carrier orientation and to help them cope in these distressing times. It is a commendable initiative by the Haryana government and also similar psychological services is being emulated and provided by various colleges where Psychology department already established in Govt. & Govt. Aided colleges.

CONCLUSION

This article attempts to raise awareness and to share wisdom regarding positive thoughts, attitude, hope in dealing with the current crisis with courage and determination. Even though there are negative consequences which the adolescents face due to the illness and uncertainty in academic environment in ongoing situation but there are other ways to balance the mental health problems or reduce the psychological distress during lockdown. However initiatives by the DHE, government of Haryana provide online education as facilitator enhances the hope and reasons to be optimistic in adolescents. It is quite thankful to the department of higher education, government of Haryana that it provides psychological help (counseling platform), support to the number of students (school/college/university) during lockdown. The current paper explore that Covid-19 is creating psychological distress among the individuals, as there are restrictions due to lockdown people are forced to stay home. Young adolescents and adult age group is facing uncertainty with respect to academic career.

SUGGESTION

As per observations/experiences/research studies in pandemic period especially during lockdown situation people were not psychologically prepared for the particular stage. An important factor highlighted in this situation is care of people's mental health. Mental health issues are increasing day by day due to numbers of factors like stress, anxiety, negative affect, academic pressure and so on. Now the responsibilities of mental health professionals are on a high level because during the pandemic as well as after this covid-19 people may feel more psychological distress due to various reasons. School education and Higher education department's probable role play as positive counterparts regarding the awareness and enhancement of wellbeing in the youth population. This purposeful act may be through the services of counselor/psychologist/consultants etc. in the field of psychology. So keeping in the view of above facts the need of psychologist and counseling care is a must to resolve the mental health issues especially among adolescents.

WORKS CITED

- Jorm, A. F., Korten, A. E., Jacomb, P. A., Christensen, H., Rodgers, B., & Politt, P. (1997). 'Mental health literacy': a survey of the public's ability to recognize mental disorder and their beliefs about the effectiveness of treatment. *The Medical Journal of Australia*, 166, 182–186.
- Kazmi, S. S. H., Hasan, H. & Saxena, S. (2020). COVID-19 and Lockdown: A Study on the Impact on Mental Health. *Mukt Shabd Journal*, IX(IV), 1477-1489.
- Kulshrestha, S.P. (1979). Educational Psychology. Meerut, India: *Loyal Book Depot*.
- Sharma, M. (2017). Parenting Style and Self-efficacy among adolescents. *Journal of Indian Health Psychology*, 11(2), 107-118.
- Sharma, M., Sharma, N.R. & Yadava A. (2011). Parental Styles and Depression among Adolescents. *Journal of Indian Academy of Applied Psychology*, 37 (1), 60-68.
- WHO (2001a). *Strengthening mental health promotion*. Geneva, World Health Organization.
- WHO (2001b). *Mental Health: New Understanding, New Hope*. World Health Organization, Geneva.