

“Psychological Impact of the Covid-19 Pandemic on Students”

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ABSTRACT:

COVID-19, the most severe public health problem to occur in the past 10 years, has greatly impacted people's mental health. Colleges in China have reopened, and how to prevent college students from suffering secondary damage due to school reopening remains elusive. This cross-sectional study was aimed to evaluate the psychological impact of COVID-19 after school reopening and explore via machine learning the factors that influence anxiety and depression among students. Among the 478 valid online questionnaires collected between September 14th and September 20th, 74 (15.5%) showed symptoms of anxiety (by the Self-Rating Anxiety Scale), and 155 (32.4%) showed symptoms of depression (by Patient Health Questionnaire-9). Descriptive analysis of basic personal characteristics indicated that students at a higher grade, having relatives or friends who have been infected, fearing being infected, and having a pessimistic attitude to COVID-19 easily experience anxiety or depression. The Synthetic Minority Oversampling Technique (SMOTE) was utilized to counteract the imbalance of retrieved data. The Akaike Information Criterion (AIC) and multivariate logistic regression were performed to explore significant influence factors. The results indicate that exercise frequency, alcohol use, school reopening, having relatives or friends who have been infected, self-quarantine, quarantine of classmates, taking temperature routinely, wearing masks routinely, sleep quality, retaining holiday, availability of package delivery, take-out availability, lockdown restriction, several areas in school closed due to COVID-19, living conditions in the school, taking the final examinations after school reopening, and the degree to which family economic status is influenced by COVID-19 are the primary influence factors for anxiety or depression. To evaluate the effect of our model, we used 5-fold cross-validation, and the average area under the curve (AUC) values of the receiver operating characteristic (ROC) curves of anxiety and depression on the test set reached 0.885 and 0.806,

respectively. To conclude, we examined the presence of anxiety and depression symptoms among Chinese college students after school reopening and explored many factors influencing students' mental health, providing reasonable school management suggestions.

I. INTRODUCTION:

COVID-19 is a largely contagious respiratory complaint caused by severe acute respiratory pattern coronavirus 2 (SARS-COV-2). It was first linked in Wuhan City, Hubei Province, China in December 2019 and declared by WHO a global epidemic in March 2020. SARS-COV-2 is transmitted through respiratory droplets, close contact, and asymptomatic carriers. Symptoms appear after an incubation period between 2 – 14 days post-exposure and range from asymptomatic to severe pneumonia. Some of the clinical instantiations include dry cough, fever, dyspnea, muscle pangs, etc. Other studies portray those cases with underpinning medical conditions similar as cardiovascular conditions, diabetes, chronic respiratory conditions, cancer, and old-age people are more likely to witness severe morbidity. As of 25th July 2021, there were over 194 million verified cases and 4.15 million verified deaths encyclopedically. In sweats to check the spread of the contagion, the government and public health commissions have enforced infection control measures which included movement restrictions, confinement to homes, check of seminaries, insulation, counterblockade, wearing of masks, social distancing, and particular hygiene which includes washing of hands and the use of sanitizers. Although these measures have been effective in precluding the transmission of COVID-19, concerns have arisen about the internal impact insulation and counterblockade have on individualities.

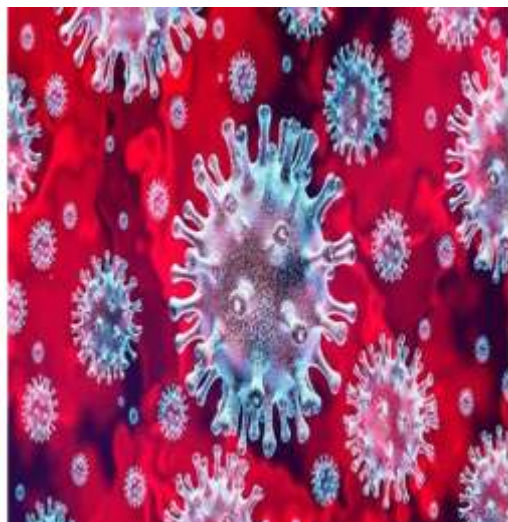


Figure.no.1-Coronavirusaesthetic.

❖ EPIDEMIOLOGY

1. Geographic distribution and case counts Since the first reports of cases from Wuhan, a megacity in the Hubei Province of China, at the end of 2019, cases have been reported in all mainlands. Encyclopedically, over 500 million verified cases of COVID- 19 have been reported.

2. Transmission

- Person- to- person transmission — Direct person-to- person respiratory transmission is the primary means of transmission of severe acute respiratory syndrome coronavirus. It is allowed to do substantially through close- range contact (i.e., within roughly six bases or two measures) via respiratory patches; contagion released in the respiratory concealment when a person with infection coughs, sneezes, or addresses can infect another person if it's gobbled or makes direct contact with the mucous membranes.

Infection might also do if a person's hands are defiled by this concealment or by touching polluted shells and also, they touch their eyes, nose, or mouth, although defiled shells aren't allowed to be a major route of transmission.

- Threat of beast contact SARS- Covid- 2 infection is allowed to have firstly been transmitted to humans from a beast host, but the ongoing threat of transmission through beast contact is uncertain. There is no substantiation suggesting creatures (including domesticated creatures) are a major source of infection in humans.

❖ FOR ESTALLMENT

In the setting of community transmission of SARS- Covid- 2, the following general measures are recommended to prevent infection.

- Hand washing and respiratory hygiene (e.g., covering the cough or sneeze). Use of hand sanitizer that contains at least 60 alcohol is a reasonable alternative to hand washing if the hands are not visibly dirty.
- Avoiding close contact with individualities who have or may have COVID- 19.
- Wearing masks, depending on the position of community transmission and the individual threat for severe infection.

❖ COVID- 19 SYMPTOMS INCLUDE:

- Cough
- Fever or chills
- briefness of breath or difficulty breathing
- Muscle or body pangs
- Sore throat
- New loss of taste or smell
- Diarrhea
- Headache
- Nausea or puking
- Some people infected with the corona contagion have mild COVID- 19 illness, and others have no symptoms at all. In some cases, still, COVID- 19 can lead to respiratory failure, lasting lung and heart muscle damage, nervous system problem, kidney failure or death.



Figure.no.2-Symptoms of COVID-19.

• HOW IS COVID- 19 DIAGNOSED?

COVID- 19 is diagnosed through a test. opinion by examination alone is delicate since numerous COVID- 19 signs and symptoms can be caused by other ails. Some people with the corona contagion don't have symptoms at all.

• WHY IS IT CALLED CORONA CONTAGION?

Corona contagions are named for their appearance “corona” means “crown.” The

contagion's external layers are covered with shaft proteins that compass them like a crown.

• **HOW IS COVID- 19 TREATED?**

Treatment for COVID- 19 depends on the inflexibility of the infection. For milder illness, resting at home and taking drug to reduce fever is frequently sufficient. More severe cases may bear hospitalization, with treatment that might include intravenous specifics, supplemental oxygen, supported ventilation and other probative measures.



Figure.no.3-COVID-19Treatment.

CORONA CONTAGION &ITS IMPACT ON VARIOUSSECTORS:

- 1.Pharma
- 2.Chemicals
- 3.Electronics
- 4.Media and Culture
- 5.FoodRetails
- 6.AgricultureandFoodSecurity
- 7.EducationalSector

1.PHARMA:-

Though India is one of the top formulation medicine exporters in the world, the domestic pharma industry relies heavily on import of bulk medicines (APIs and interceders that give drugs their remedial value). India imported around Rs,900 corer worth of bulk medicines in FY19, counting for roughly 40 per cent of the overall domestic consumption. With India's API significances from China comprising nearly 70 per cent of its consumption by value, importers are at the threat of force dislocations and unanticipated

price movements. For numerous critical antibiotics and antipyretics, reliance on significances from China is close to 100 per cent. These APIs bear large capacities of turmoil boilers, USP of Chinese manufacturers, giving an upper hand to Chinese manufacturers. Delivery and shadowing of entrustments are still uncertain within China whether inward or outward.



Figure.no.4-Pharma Products.

2.CHEMICALS: -

Original dye units in India are heavily dependent on significances of several raw accoutrements, including chemicals and intercedes, from China. Delayed shipments from China and a shaft in raw material prices are affecting the colourings and dye assiduity, especially in Gujarat. Nearly 20 per cent of the product has been impacted due to the dislocation in raw material force. China is a major supplier of specialty chemicals for fabrics, especially Indigo needed for denim. The business in India is likely to get affected and people are securing their inventories.



Figure.no.5-Chemicals.

3.ELECTRONIC:

China is a major supplier both for the final product as well as the raw material used in electronics assiduity. India's electronics assiduity is stewing force dislocations, product reduction,

impact on product prices due to heavy dependence on electronics element force- directly and laterally- and original manufacturing. The spread of coronavirus could have pushed down the deals of top electronic companies and smart phone makers which have major inventories to India.



Figure.no.6–Electronics.

4.MEDIA AND CULTURE: -

This brief highlights the impact of COVID- 19 on the media and culture sector, hit hard by severance and closed products. It analyses how the sector’s diversity in terms of contract types and occupations creates challenges in penetrating social protection, safety and health, and profitable relief programmers. The detail also offers policy options, drawing from countries ‘exemplifications and enterprise from workers’ and employers’ associations, to alleviate the profitable impact of the pandemic on the sector.



Figure.no.7-Media and Culture.

5.FOODANDRETAIL: -

Food retail workers have surfaced as a new category of frontline services during this pandemic. While essential to guaranteeing food security, they are themselves at high threat of exposure to infection and play a crucial part in food safety. To ensure acceptable figures of food workers, they need access to and training on

particular defensive outfit and hygiene protocols, as well as working conditions that give acceptable stipend and access to social protection, including paid sick leave.



Figure.no.8-FoodandRetail.

6.AGRICULTUREANDFOODSECURITY: -

While working to feed the world, numerous agrarian workers are unfit to lift themselves out of poverty and food instability. As the pandemic spreads, the continued functioning of food force chains is pivotal in precluding a food extremity and reducing the negative impact on the global frugality. Coordinated policy responses are demanded to support agribusiness and the livelihoods and working conditions of millions of agrarian workers in line with applicable transnational labor norms.



Figure.no.9-Agriculture and Food Security.

7.EDUCATIONALSECTOR: -

Most education sectors chose to conduct online tutoring- literacy as a way to help the

contagion from spreading, there was no choice but to switch fully to online tutoring and literacy for numerous academic institutions that were preliminarily reluctant to change their traditional pedagogical approach. During this pandemic, scholars were unfit to be at academy and the assignment solely took part via online literacy. scholars frequently don't have physical commerce with the outside world and their cerebral condition is ever told by it. utmost governments encourage those who feel mentally affected to seek help from the professionals around them or from the action set by the government itself. For case, stated the Ministry of Women, Family and Community Development in Malaysia formed a hotline as an action to give cerebral help for those who are affected by the stay-home order which was extended to check the spread of the Covid-19 outbreak at the beginning.

IMPACT OF COVID-19 ON EDUCATIONAL SECTOR: -

The Covid-19 pandemic and the enforced restrictions have roughly affected educational sectors in 161 countries around the world. With further than 1.6 billion scholars down from normal academy life, the extremity threatens the tutoring and literacy processes & the pupil's emotional health.

Herein, we present the result of a careful assessment of the passions of over 1,000 scholars at high academy, undergraduate, and postgraduate situations across 36 premises over 8 posterior weeks from the onset of the COVID-19 pandemic.

The results indicate a general low energy position and dominance of negative passions among the scholars anyhow of their academic situations.

We have recorded 5 responses (being anxious, stressed-out, overwhelmed, tired & depressed) as the most constantly reported passions in the time of lockdown.

Overall, 14 of those who have reported to suffer from these feeling have also linked a need for professional help in managing their passions throughout the counterblockade period. The current study also presents several strategies to combat the undesirable consequences of COVID-19 pandemic.

Passions play a significant part in cerebral well-being of pupil hence directly affecting all aspects of their academic lives. Specifically, positive passions (e.g., enjoyment & interest) were set up to be associated with pupil's attention,

attention and continuity in learning conditioning which appreciatively relate with academic achievements.

On the other hand, negative passions (e.g., tedium, collapse, and anxiety) are known to dwindle cognitive coffers therefore negatively impacting academy performance & academic achievement.

Nonetheless, the COVID-19 pandemic has assessed a tremendous emotional burden on scholars at all academic situations and hovered their internal health.

Inescapably, universities and colleges across the world face unanticipated challenges as students have manifested signs of anxiety and stress.

A study reported 73 low mood, 7 anxiety, and 17 wrathfulness for scholars under lockdown while a slim chance of positive passions was also recorded.

A part from the physical health complications of COVID-19 pandemic, the pandemic has also assessed internal, emotional, and social challenges to our lives.

Reports of the literature suggested that collage scholars frequently endured compounded negative feelings during the academy check and indeed suffered from poor internal health due to the disruption of academic routine.

Some scholars who innovated the lot nondomestic struggle with loneliness and insulation due to the disposition from musketeers and mates' former studies have suggested that public health extremities can have physiological goods on collage scholars imposing anxiety, fear, and worry among others.

In addition, the scholars endured uncertainly and sudden disruption of the semester and their conditioning, their exploration systems, and internships, and delaying scale.

MENTAL AND PHYSICAL HEALTH: -

The closures seminars and advanced education negatively affect the internal and physical health of children, scholars, parents, and preceptors in the world, especially in developing countries. Since during academy closures, both boy and girl scholars in utmost pastoral areas may be forced to completely support their families in cattle herding and husbandry. Girl scholars from low-income families and pastoral areas can be at an advanced threat of sexual abuse, and forced labour, and early marriage. The infected cases rapid-fire increase has created a sense of anxiety and query

about what will be. The lockdown due to corona contagion may scholars feeling stress, fear, and anxiety, similar as a fright of dying, a fear of their cousins dying. This stress may affect the scholars, internal, and physical health of scholars.

Mental health issues are the leading manacle to academic success. Mental illness can affect scholars' provocation, attention, and social relations pivotal factors for scholars to succeed in advanced education.



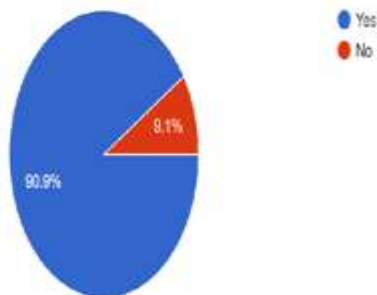
Figure.no.10- Mental and Physical Health Condition.

SURVEY OF STUDENTS: -

Our check showed that the cerebral and behavioral goods of counterblockade during COVID- 19 vary grounded on the scholar's perspective.

1. Does Covid-19 affected your Teaching and learning Skills ?

77 responses



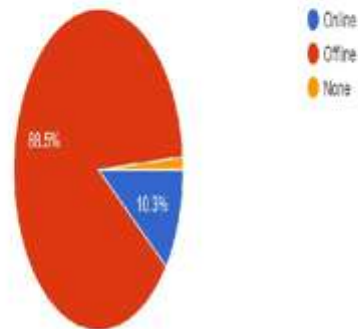
2. What majorly affected Teaching-learning skills ?

78 responses



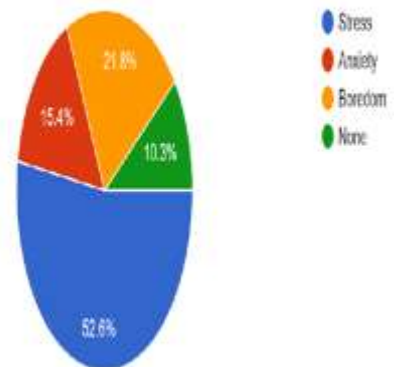
3. What is the most effective learning process ?

78 responses



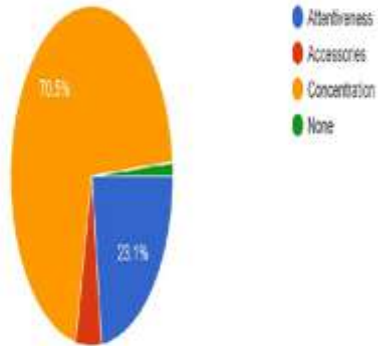
4. Health Problem affected online in Teaching-learning process ?

78 responses



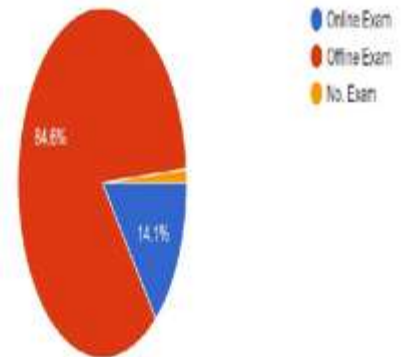
5. What was the most challenging in online classes ?

78 responses



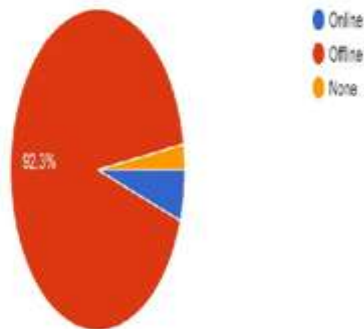
8. Which is more useful?

78 responses



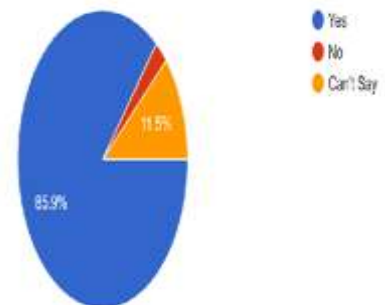
6. What do you prefer ?

78 responses



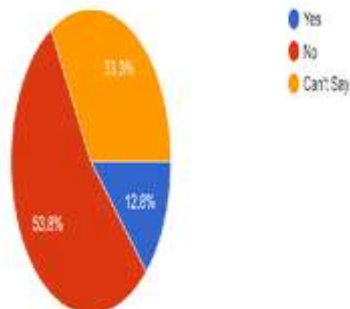
9. Would you have been passed in all subject if there were offline exam?

78 responses



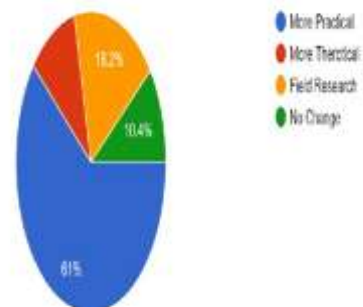
7. Do you benefited in online learning ?

78 responses



10. What is more change that you would like make in Teaching- learning process ?

77 responses



The check revealed that the COVID- 19 is roughly affected to the tutoring and literacy skill. The majorly affected factors are:

1. Introductory knowledge
2. Practical Knowledge
3. Therapeutical knowledge
4. Field Research

Our results indicate that 52.6 of the scholars do not have a practical knowledge and 39.7 of the scholars do not have an introductory knowledge about field.

STUDENTS' PERCEPTION TOWARDS ONLINE LEARNING:

The factors related to online literacy effect to the COVID- 19 pandemic, and its impact on scholars' educational behaviours.

Online literacy was more gruelling to understand than physical literacy. In addition, virtual literacy was slow and redundant time was demanded to understand and learn the generalities. These factors relate to how virtual literacy has affected scholars' understanding of the subjects' accoutrements.

- o Need of redundant tone- trouble,
- o Need to study harder,
- o Learning is slower,
- o nearly learning is boring,
- o Difficulty in working problems.

Scholars follow a set schedule during collage days in the traditional classroom setup. There is a time to wake up, go to academy, for class, do schoolwork, interact with musketeers, and attend redundant- curricular conditioning. This is not the case with online literacy.

The association between the situations of depression and colourful torture factors associated with virtual literacy due to the pandemic and its impact on scholars' educational behaviours was explored using multilinear retrogression.

These factors relate to how virtual literacy has affected scholars' passions.

- o Lack of provocation,
- o Stress,
- o solicitude/ fear of test, and
- o dropped productivity.

Harmonious with our suppositions, we verified that stress, solicitude/ fear of examinations, and dropped productivity were significantly associated with a raised position of depression. Another honoured factor that contributes

significantly to a advanced threat of developing depressive symptoms among university scholars is that virtual tutoring and literacy becomes boring.

likewise, scholars faced difficulty in working mathematics and wisdom problems and writing the answers duly due to online tutoring.

Our results indicate that 52.2 of the scholars suffer from stress. And other have a anxiety problem and tedium.

This study examines depression situations and investigates virtual literacy- related torture factors, which might prognosticate the increased position of depressive symptoms among university scholars in COVID- 19 pandemic.

LISTED BELOW ARE 5 PROBLEMS YOU CAN FACE WITH ONLINE LITERACY:

1. Internet connection strength
2. Conducting assessments
3. Confining cheating cases
4. Online security
5. Humdrum

1. INTERNET CONNECTION STRENGTH:

One of the major stumbling blocks with regard to online literacy is the lack of strong and stable internet connections, as the ones conventionally used at homes have moreover low bandwidth or have exhausted their limits.

2. CONDUCTING ASSESSMENTS:

Assessing a pupil in the right manner is an integral element of the education system. Under normal circumstances, scholars are made to take a test or appear in an examination on academy demesne, unfortunately that is not a possibility now.

In online literacy, assessing scholars through a Multiple- Choice Question (MCQ) medium is still doable as a stop- gap but real literacy is measured by conducting a private assessment-- this is one of the biggest challenges for traditional edtech results that are generally MCQ grounded.

3. CONFINING CHEATING CASES:

Accept it or not, there are relatively a many scholars who try to work the easy way to success. It has come easier for them to cheat while using online literacy system.

4. ONLINE SECURITY:

No matter what you do on the Internet, concern about data sequestration and security is always associated. generally, preceptors conduct

online classes through free platforms similar as drone and Google Classroom.

But they are not really the safest or the most secure tools for the purpose of literacy. The need is to make use of new- age edtech platforms that insure a safe online terrain.

5. HUMDRUM:

Last but conceivably the most significant challenges associated with online literacy is humdrum and tedium convinced by increased exposure to the screen as well as the modus operandi of sitting at one confined spot for prolonged hours



Figure.No. 11-OnlineLearning.

MAJOR CEREBRAL PROBLEMS ASSOCIATED WITH COVID- 19:

1. Anxiety
2. Stress
3. Depression

1. ANXIETY:

Numerous empirical studies examined the relationship between the COVID- 19 Pandemic and the anxiety of scholars in different countries. Anxiety is a dynamic emotional state of pressure, uneasiness, concern, and other uncomfortable passions convinced by the coming and implicit peril of a person. Reasonable anxiety is conducive to perfecting the brain's response speed and alertness, thereby perfecting learning effectiveness and engagement, whereas gratuitous anxiety decreases the interest of scholars in literacy and academic success. Anxiety among scholars occurs during the lockdown because everyone was needed to stay at home and all tutoring and literacy platforms took part nearly. scholars' lost connection with mortal, thus it affects them mentally and emotionally.

2. STRESS:

Stress is an ineluctable part of everyone's life, including scholars, who must witness different types of heads throughout their education. For illustration, conforming to a new lot terrain, connections with classmates and preceptors, and course assessments can all beget stress. still, these factors have become indeed more complicated due to the ongoing pandemic, which has created query regarding effective tutoring, literacy, assessments, and conforming to a new online terrain.

3. DEPRESSION:

Depression is an internal complaint involving symptoms similar as forlornness, despair, inadequacy, low tone- regard, lack of energy, worthlessness, tone- deprecation, and reduced interest in life.

II. CONCLUSION:

There are numerous studies that have proven cerebral impact on scholars due to COVID-19 and the changes of traditional classrooms to an online terrain. Online literacy seems to be the stylish choice for tutoring and literacy in a pandemic Covid- 19, particularly for scholars who have good internet installations. still, online literacy has a negative effect, for case, scholars have trouble penetrating online literacy due to an inadequate network and haveto use their mobile phones on an ongoing basis. This causes them to be left out from the assignments that were conducted and it affects their academic achievement. These factors lead scholars to have depression and anxiety. It is suggested that the government sector must take way to help scholars with poor internet connectivity and widgets that are the crucial prerequisite to be eligible to enrol in online courses. It will also serve to drop the chance of mentally disabled scholars due to their academic achievement. In short, this review paper highlights issues encountered by scholars and preceptors during the coronavirus afflictions. They were not prepared for a full online experience, internet issues, lack of widgets and social support due to the depression and anxiety.

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