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Psychological Strain of COVID19 and its Effect on Students Learning during Lockdown in Pakistan

Abstract

People are struggling with a new corona virus emerged from China. This 21st century would be known by COVID19 in future. All the social activities and gathering have been banned due to this virus19. It destroyed the world badly. There are different sectors which have been collapsed and mainly are for example economy, finance, health, and education sector. A group of people has died due to corona virus in the world. This study was conducted to examine the psychological strain of COVID19 and its effect on students learning during lockdown. It was quantitative and descriptive study. The survey method was used to identify psychological strain of covid19 and its effect on students learning. The population was included university students. Therefore, one hundred and eighty students were selected conveniently as sample of the study. A questionnaire was developed on 5 point likert scale to conduct study. It is concluded that a group of students said they felt pandemic infection in mind and due to this they felt depression. Social movement and gatherings were not possible due to corona virus. They felt anxiety and uncertainty. Results showed that psychological strain of covid19 significantly correlated with students learning. The structural equation modeling showed that the psychological strain of covid19 was correlated and affected students learning in uncertain situation. Therefore, students should spend quarantine time in remembrance of Allah Almighty and His beloved Holy Prophet Muhammad (PBUH) to overcome the stress. The students need to think positive in pandemic situation and concentrate on learning.

Key words: COVID19, social activities, psychological strain, and students learning

Introduction

Human advancement presumably is going through the most basic crossroads of this century while its presence is being tested by the development of a novel extreme intense respiratory condition coronavirus infringing more current domains everywhere throughout the world speedily (Jones, 2020). The pandemic19 flare-up has been proclaimed a worldwide general wellbeing crisis in starting of 2020 by the World Health Organization (WHO) as the malady. First detailed from China in December 2019, keeps on flooding through the landmasses influencing numerous nations in all over the world (Lai, Shih, Ko, Tang, & Hsueh, 2020). An inclusive section of total populace at present is essentially limited to their homes, attributable to across the country lockdowns and home-imprisonment systems actualized in most of the COVID-19-hit nations after China to forestall further infection transmission (Pulla, 2020; Rubin & Wessely, 2020).

The extreme infectious nature of COVID-19 built up an exceptional undermining circumstance in the whole world. All around roughly 3.9 billion individuals are isolated in their homes. The isolate or physical seclusion polices are actualized by numerous nations to contain the societies, limit the spread of corona virus, and control the pollution of contamination. The isolate comprised to smart and rigid lockdowns, intentional home limitation, retraction of social and open occasions, and travel constraints (Usher, Bhullar, & Jackson, 2020).

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This rare, quickly spreading irresistible virus has caused general mindfulness, tension, and pain, all of which are normal mental reactions to the arbitrary changing situation, according to WHO (Kluge, 2020). Unfavorable psychosomatic outcomes among people are expected to rise primarily as a result of the pandemic, but also as a result of the steady progression of readily available data and fortified information obtained through online contact administrations of virtually all systems. As a result, rapidly spreading widespread fear and frenzy about COVID-19 could trigger mental health problems in people from all walks of life, which could be much more damaging in the long run than the infection itself (Depoux, Martin, Karafillakis, Preet, Wilder-Smith, & Larson, 2020). Previous studies revealed that in such a global pandemic, psychological well-being was heavily affected (Sim & Chua, 2004; Wu, et al., 2009). Along these lines, determining the various possible ways in which the COVID-19 pandemic will impact the world's psychological quality of life is critical (Lima, et al., 2020; Shigemura, Ursano, Morganstein, Kurosawa, & Benedek, 2020; Zandifar & Badrfam, 2020).

COVID-19 has compelled several countries around the world to implement early isolate steps as a key infection control tool (Rubin & Wessely, 2020). Aside from physical harm, the effects of this isolation on person and population emotional well-being and wellbeing are numerous. Lockdown projects that apply forced mass isolation across the country can cause widespread fear, unease, and pain. This can be exacerbated if families are to be split up due to the insecurity of disease movement, a lack of basic flexibility, and financial misfortunes, all of which are compounded by obfuscated data and inadequate media interchanges in the early stages of corona (Brooks, et al., 2020; Hawryluck, et al., 2004; Maunder, et al., 2020).

Previous epidemics have shown that the mental effects of isolation can range from immediate effects such as irritability, fear of contracting and transmitting illness to families, anger, disarray, frustration, forlornness, reluctance, anxiety, depression, a sleeping disorder, and sadness, to extreme outcomes such as self-destruction (Barbisch, Koenig, & Shih, 2015; Brooks, et al., 2020; Jeong, et al., 2016; Liu, et al., 2012; Robertson, Hershenfield, Grace, & Stewart, 2004). Presumed split cases can encounter discomfort as a result of their uncertainty about their health status, leading to militant optimistic symptoms such as repeated temperature tests and sanitization (Li, et al., 2020). Impacts such as depressive disorders have been mentioned, with complications that have been definitively linked to the length of isolation (Hawryluck, et al., 2004; Reynolds, et al., 2008). Post-isolation mental effects can include severe financial distress and mental symptoms as a result of financial misfortunes. Another important point to consider is the demonisation and contextual rejection of the segregated cordon in terms of styles of isolation, skepticism and avoidance by neighbors, and feebleness.

The present isolate settings have closed down all educational institutions colleges, universities and have deferred regular instructing and learning meetings. This has influenced the physiological periods of lives, and incited numerous individual and aggregate wellbeing, financial, mental and instructive concerns.

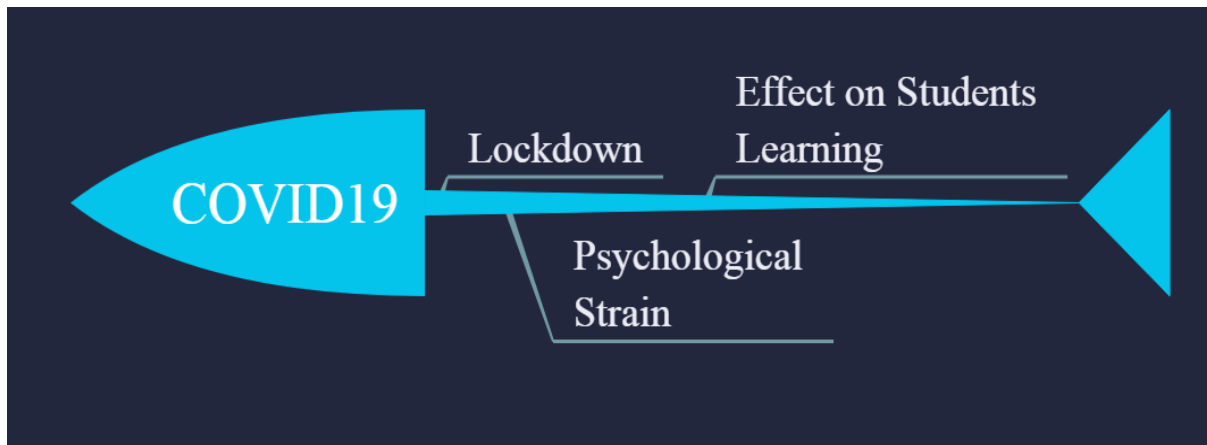


Figure 1. Conceptual framework of the Study

Objectives of the Study

This study was conducted especially under COVID19 circumstances to achieve the following objectives:

1. To observe the level of psychological strain of COVID19 among students.
2. To observe the effect of COVID19 on students learning.
3. To examine the association between psychological strain of COVID19 and its effect on students learning.
4. To develop structural equation modeling of psychological strain of COVID19 and its effect on students learning for exploring effect.

Methodology

It was quantitative and descriptive study. The survey method was used to identify psychological strain of covid19 and its effect on students learning. The population was included university students of different degree programs. It was difficult to do randomization for selecting sample due corona virus. Therefore, the sample was selected by using convenient sampling technique. There were 180 university students who took part in this study.

For directing this study, a questionnaire was developed under two variables; psychological strain of COVID19 and its effect on students learning. There were ten items to access the psychological strain and eight items to check effect of corona virus on students learning. It was 5 point likert type scale which used in this study. The pilot testing was conducted to check the validity and reliability before data collection. The instrument validation is necessary for a valid study. The validity of the instrument effects the results of the study. The scale was validated by expert and well reputed researcher of the field. The reliability was determined of scale by Cronbach Alpha after validation. The scale was reliable and items were highly consistent. After piloting, data were collected through online source. It was impossible to approach the participants face by face due to COVID19. Therefore, the researchers collected data online by keeping in mind the current pandemic situation. The data were analyzed by applying different descriptive and inferential statistical techniques. The structural equation modeling was developed for path analysis through SmartPLS. The path coefficients and histogram were also developed. The detail of data analysis and findings are under the heading of results.

Results and Findings

Table 1

Descriptive Statistics of Psychological Strain of COVID19

Psychological Strain of COVID19	M	SD
I feel pandemic19 infection	3.96	.784
I feel pandemic depression	3.71	1.040
I feel psychologically ill	3.92	.986
I am confused in pandemic	3.97	.706
I feel disconnection from society	3.94	.848
I update myself about COVID19 status	4.34	.612
I feel anxiety in pandemic19	4.02	.729
I feel uncertainty	3.99	.831
I am terrified due to pandemic	4.39	.589
I feel hesitation to go in public places	4.22	.732

Table shows the mean and standard deviations of psychological strain of pandemic19. There are ten statements for measuring the psychological strain. The students were asked about psychological strain and mental condition in such brutal situation. A group of students said they felt pandemic infection in mind and due to this they felt depression. They felt mentally ill. Mostly were confused in pandemic. According to them, they felt disconnection from society during this COVID19 in all over the world. They were in quarantine and limited in the homes. Social movement and gatherings were not possible due to corona virus. The good thing was that students kept update about pandemic level. They felt anxiety and uncertainty. Pandemic19 affected psychological power of people. They were terrified and felt hesitation to meet others and attend public places. Although, corona affected them or not.

Table 2

Descriptive Statistics of Effect on Students Learning

Effect on Students Learning	M	SD
My study affected negatively	4.27	.778
I feel lazy due to corona	3.88	.921
I try to engage myself in study	2.88	1.367
I face strain to attend online classes	3.79	.849
I face problems to perform activities during pandemic19	3.42	1.037
I face difficulty to concentrate on online lecture	3.49	1.009
I face problem to keep remember all lectures at a time	3.73	.868
Rest of the time, I keep busy in study	3.71	.849

Table 2 was about how students learning affected by COVID19. Majority of the students stated that their study affected negatively due to corona virus. The lazy behavior came into existence because routine work had disturbed in uncertain situation. Some of them said they engaged themselves in study and other academic activities but number of such participants was not satisfactory. They faced strain to attend online classes. There were hurdles to perform activities due to corona virus. A group of participants had internet problem and they faced difficulty to concentrate towards online lectures. It was also difficult for them to keep remember all lectures at a time. However, they were busy in study rest of the time.

Table 3

Relationship between Psychological Strain of COVID19 and Effect on Students Learning

Variables	r	Sig.
Psychological Strain of COVID19 and Effect on Students Learning	.65	.001

Above table was related to relationship between psychological strain of covid19 and effect on students learning. Results showed that psychological strain of covid19 significantly correlated with students learning $r = .65$, $sig = .001$. It is concluded that both variables have strong interrelation with each other.

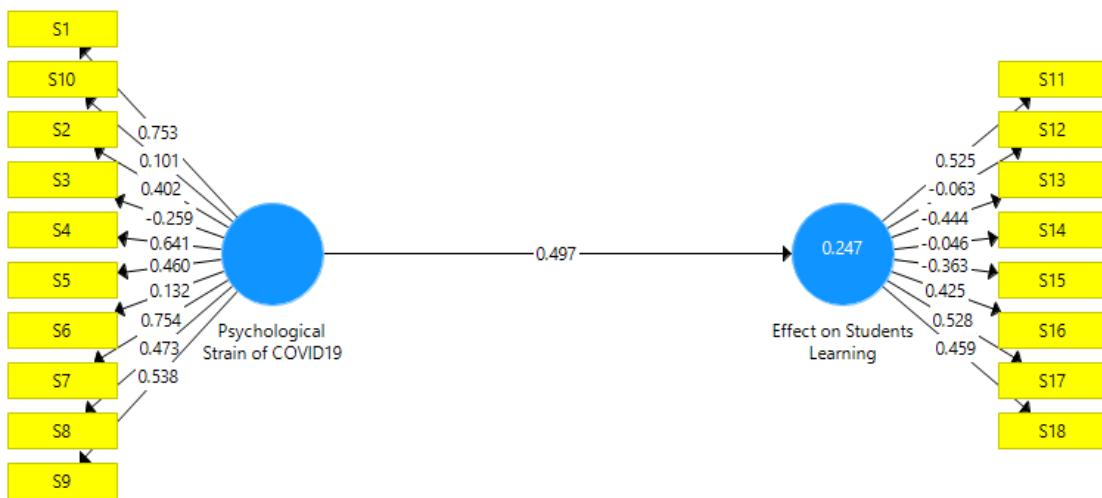


Figure 2: Structural equation modeling of psychological strain of covid19 and effect on students learning.

Figure 2 shows the structural equation modeling of psychological strain of covid19 and effect on students learning. There were numerous statement loaded in yellow color in left and right sides. The psychological strain of covid19 was correlated and effected students learning in uncertain situation. Both factors were in blues circles showing path analysis.

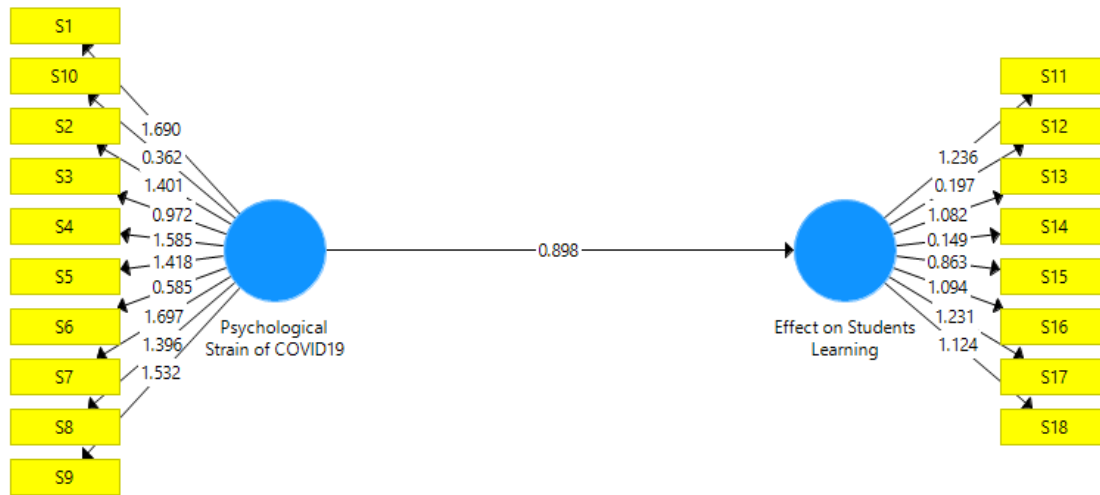


Figure 3: Structural bootstrapping of psychological strain of covid19 and effect on students learning.

Figure shows the bootstrapping coefficients structural equation modeling of psychological strain of covid19 and effect on students learning. There were numerous statement loaded in yellow color in left and right sides. The psychological strain of covid19 was correlated and effected students learning in uncertain situation. Both factors were in blues circles showing path analysis.

Path Coefficients

	Original Sample (O)	Sample Mean (M)	Standard Deviation...	T Statistics (O/STDEV)	P Values
Psychological Strain of COVID19 -> Effect on Students Learning	0.497	0.220	0.554	0.898	0.369

Figure 4: Bootstrapping path coefficients

Figure 4 shows the path coefficients of psychological strain of covid19 and its effect on students learning. Ahmad and Hussain (2019), Hair (2014) indicated that bootstrapping coefficients is adjusted by *t* and *p* values. The coefficient model is reliable and accurate if *t* value is above 1.96 and *p* value must .05 or less. It seems that both variables have insignificant values.

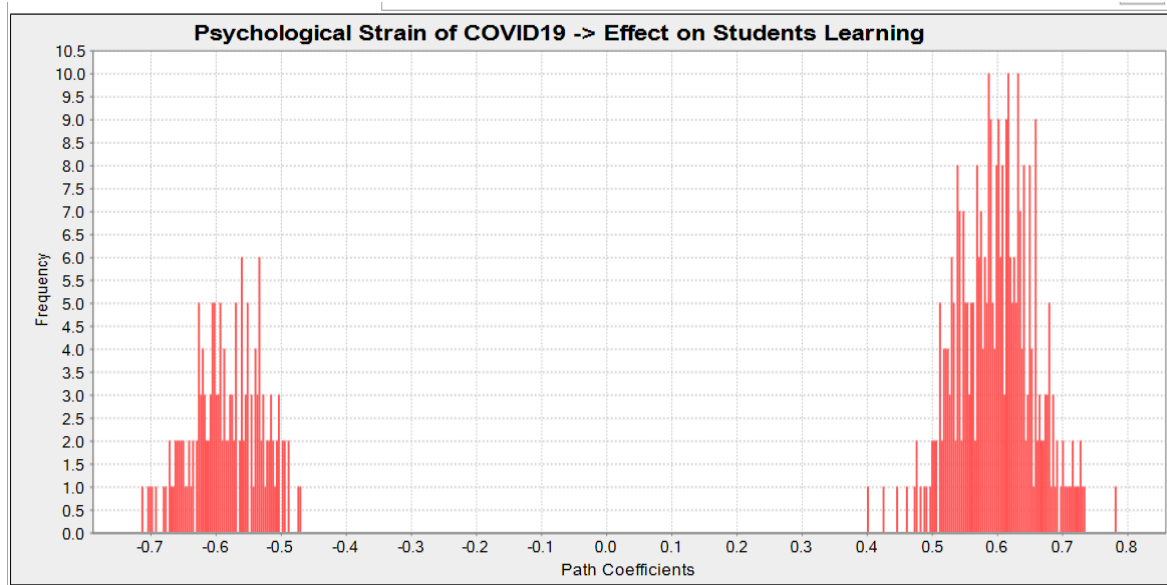


Figure 5: Bootstrapping path coefficients Histogram

Discussion

This study was conducted to examine the psychological strain of COVID19 and its effect on students learning during rigid and smart lockdown. This virus damaged the world and a large number of people died due to this pandemic. Health, economy, and education systems have been collapsed in bad way. Highly advanced states are also suffering in pandemic19. The education system of Pakistan also faced this virus and government decided to lockdown and close the educational sectors until this virus is under control or vanished. This lockdown effects the lives of a lay man and students physically and mentally. It was observed by the findings of the present study that mostly students were upset in quarantine and they felt psychological strain and depression. The reason was that they faced this situation first time and had no experience to survive in such panic circumstances. The corona virus influenced the mental approach of students and due to this their learning was also affected. Basically, it was found that some students felt dampened and discouraged. The most plausible explanations behind pessimistic ramifications for psychological wellness during isolation are that students thought it as a displeasing experience. They were unable to go in public places and to meet with friends. They had lost freedom and listened dreadful news about the spread of virus on daily basis.

These findings are supporting the early studies' results of (Lei et al., 2020; Rohr, et al., 2020) which were explored in different states. Wellbeing is a condition of physical, mental, and social prosperity and not just the nonattendance of illness or infirmity. Social wellbeing and prosperity are discretely established in society. The corona19 has incited a worldwide and emotional well-being emergency. It was seen that isolation because of pandemic has caused mental strain among student and adopted online learning practices. In lockdown circumstance, students are in isolation in homes. They stated that isolation measures have extreme negative ramifications for psychological well-being. They recognized high pervasiveness of uneasiness and sorrow among individuals who isolated during corona virus flare-up in China.

Conclusion

This universe faced a new pandemic corona virus in end of 2019. It called COVID19 which emerged from china and spread in the world. This virus influenced the economy, health, education sectors and many more of each state. Pakistan also faced the drastic changes of pandemic19. The different countries used numerous sources to control this virus. Pakistan also used different tactics and sources to control this pandemic. It was the Pakistan who introduced the term smart lockdown to manage or control the pandemic corona virus19 first time in the world. This study was conducted especially under COVID19 circumstances to observe the level of psychological strain of COVID19 among students and its effect on students learning. It was quantitative and descriptive study. The survey method was

used to identify psychological strain of covid19 and its effect on students learning. It is concluded that a group of students said they felt pandemic infection in mind and due to this they felt depression. They felt mentally ill. Mostly were confused in pandemic. According to them, they felt disconnection from society during this COVID19 in all over the world. They were in quarantine and limited in the homes. Social movement and gatherings were not possible due to corona virus. They felt anxiety and uncertainty. Pandemic19 affected psychological power of people. They were terrified and felt hesitation to meet others and attend public places. Majority of the students stated that their study affected negatively due to corona virus. The lazy behavior came into existence because routine work had disturbed in uncertain situation. There were hurdles to perform activities due to corona virus. A group of participants had internet problem and they faced difficulty to concentrate towards online lectures. It is concluded that both variables have strong interrelation with each other. Results showed that psychological strain of covid19 significantly correlated with students learning. The structural equation modeling showed that the psychological strain of covid19 was correlated and effected students learning in uncertain situation.

Recommendations

The following were the recommendations on basis of results of the study.

1. There should be healthy activities for students in pandemic19 circumstances so that they feel psychologically strong and good.
2. The COVID19 influenced the mental capacity of students and their learning. It's all about due to living in quarantine. Parents should engage their children in home activities. There should be a sitting on daily basis where children can discuss their feelings with parents and elders. Therefore, this activity may helpful to decrease the stress level of students.
3. Students should adopt spiritual practices. These are fruitful to manage stress.
4. Therefore, students should engage themselves in prayer and ibadah. They should spend quarantine time in remembrance of Allah Almighty and His beloved Holy Prophet Muhammad (PBUH).
5. They should recite Holy Darood on Holy Prophet Muhammad (PBUH) maximum because this act is an easy source to get psychologically refreshment.
6. The students need to think positive in pandemic situation and concentrate on learning. They can perform well only if they think positive and do not bother negativity.
7. Government should open educational institutions along proper safety measures. The medical studies showed results that corona virus may control by adopting safety measures. However, every individual should be careful in this regard.

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