

A Study on the Impact of COVID-19 on Mental Health of College Going Boys of Nalanda District

PUSHPALATA KUMARI*¹ AND KUMKUM KUMARI²

¹Assistant Professor and ²Professor and Head

¹Department of Home Science, Nalanda Mahila College, Bihar Sharif (Patliputra University, Bihar) India

²P.G Department of Home Science, Patliputra University, Patna (Bihar) India

*Corresponding Author

ABSTRACT

The COVID-19 pandemic has led to worldwide health crisis which has affected individuals of all ages particularly those of adolescent years. This pandemic has caused psychological impact on college students. During pandemic college going boys were confined to homes which has put an end to their physical activity affecting their mental health. Lockdown was imposed during this pandemic where students were unable to attend library, practical classes and it has given rise to disrupted lifestyle including lack of physical activities, long duration screen exposure, disturbed sleep, insomnia (lack of sleep), reduction in quality of sleep, disturbed eating habits, lack of available nutritious food to students were reasons for their low mental health. The present study was undertaken to study impact of COVID-19 on mental health of college going boys. For this a sample of 200 college going boys were selected from colleges viz., Nalanda College, Allam Iqbal College, Kisan College and SPM College through stratified random sampling method. The tools used in the study were Mental Health Inventory developed by Jagdish and Srivastava (1983) was used to assess mental health of college going boys and a questionnaire on COVID-19 was used to assess the effect of COVID-19. The data collected was subjected to statistical analysis using appropriate statistical techniques and the study concluded that there was no significant relationship between effect of COVID-19 and mental health of college going boys and there may be other factors which has affected mental health of college going boys.

Keywords: Menal Health, COVID-19, Pandemic, Adolescent, Lockdown

INTRODUCTION

“COVID-19” stands for coronavirus disease of 2019. It is a respiratory disease caused by a virus called “SARS-Cov-2”. It was originated in Wuhan city of China in 2019 and became pandemic in 2020. India was also not left untouched by this virus and in order to prevent its spread Indian government has imposed lockdown. During this period people were confined to home as to avoid this disease but a different aspect raised because of confinement i.e. effect on mental health which effected persons of all age. India’s statistics related to mental health have worsened during “COVID-19 pandemic” and the restrictions imposed on students during pandemic have increased the risk of their mental health problems.

For college students mental health plays an important role in their life (Mishra and Jha, 2015). They are at an age where physical changes take place which effects emotional and mental well-being of an individual. Students in colleges are burdened with academic pressure. Along with academics they are also under financial pressure as they are expected to get employment just after completion of their academic courses. The colleges not only provide a learning atmosphere rather interaction between students and teachers and this interaction has been curtailed during the coronavirus pandemic. The distance created with friends led to loneliness, frustrations and depression which affected students’ mental health. Stress, depression and anxiety were observed in students who were confined at home (Patra and Patro, 2020).

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Cao *et al.* (2020) studied the “influence of COVID-19 on student’s education and their mental health”. Due to “COVID-19 pandemic” colleges were closed and students were engaged in online classes. Conduction of online classes gave rise to restricted physical interaction between students, teachers and other friends which causes negative impact on student’s mental health. Lockdown has given rise to disrupted lifestyle including lack of physical activities, long duration screen exposure, disturbed sleep. Insomnia (lack of sleep), reduction in quality of sleep were reasons for low mental health among students. Disturbed eating habits, lack of available nutritious food to students also affected their mental health. Covid-19 has also led to decrease in employment opportunities for students which has put negative impact on their mental health (Mundhe, 2020). Change in eating habits and sleeping pattern during COVID-19 has also affected their physical and mental health (Shanbhag *et al.*, 2024).

Keeping above facts in mind the study was conducted with following objectives:

Objectives of the study:

1. To study mental health of college going boys
2. To study level of COVID-19 in college going boys
3. To study relationship between mental health and COVID-19 level among college going boys.

Hypothesis of the study:

There is no significant relationship between mental health of boys and their COVID-19 level.

METHODOLOGY

The study was conducted in Nalanda district of Bihar State where a sample of 200 boys were selected through stratified random sampling method from colleges namely Nalanda college, Allam Iqbal College, Kisan College and SPM college. The tools used in the study were: -

1. Mental Health Inventory developed by Jagdish and Srivastava (1983) was used to measure mental health. This inventory measures mental health on six dimensions *viz.*, positive self-evaluation, perception of reality, integration of personality, autonomy, group-oriented attitude and environmental mastery.
2. Questionnaire on COVID -19 (Kumari and

Kumari, 2020) was used to find the effect of COVID-19 on mental health of students.

RESULTS AND DISCUSSION

After collection of data with the help of tools it was subjected to statistical analysis through statistical techniques *viz.*, mean, percentage, standard deviation, chi-square test.

The Table 1 clearly describes frequency and percentage distribution of college going boys as per demographic variables.

Table 1 : Distribution of college going girls as per socio demographic variables (n=200)

Variables	Boys	
	N	%
Ordinal position		
First	59	29.5
Second	63	31.5
Third	58	29
Fourth	20	10
Number of siblings		
One	9	4.5
Two	56	28
More than two	135	67.5
Father Education		
Illiterate	0	0
Primary	26	13
Middle School	13	6.5
High School	28	14
Intermediate	55	27.5
Graduation	74	37
Above Graduation	4	2
Father Occupation		
Unemployed	6	3
Elementary Occupation	18	9
Plant and Machine Operators	3	1.5
Trade Workers	11	5.5
Agriculture and Fishery Workers	67	33.5
Shop and Market Sale Workers	60	30
Clerks	6	3
Technicians	11	5.5
Professionals	18	9
Family Monthly Income		
≤ 9226	35	17.5
9232-27648	85	42.5
27654-46089	55	27.5
46095-68961	12	6
68697-92185	7	3.5
92191-184,370	6	3

Table 1 contd...

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Type of Family		
Joint	110	55
Nuclear	90	45
Family Size		
Small (upto 5)	96	48
Large (Above 5)	104	52
Religion		
Hindu	166	83
Muslim	34	17

The majority of respondents belonged to second birth order (31.5%) having more than two siblings (67.5%) and majority of boys' father was graduated (37%), engaged in agriculture (33.5%) and most of them (42.5%) had monthly Income was Rs 9232-Rs27648 and maximum respondents (55%) belonged to joint family, whose family size was large (52%) and were Hindu (83%).

The Table 2 and Fig. 1 indicate mental health level of boys and it was found that maximum boys (77%) had

Table 2 : Measure of Mental Health for Boys

Mental health level	Boys	
	N	%
Low	25	12.5
Moderate	154	77
High	21	10.5
Total	200	100

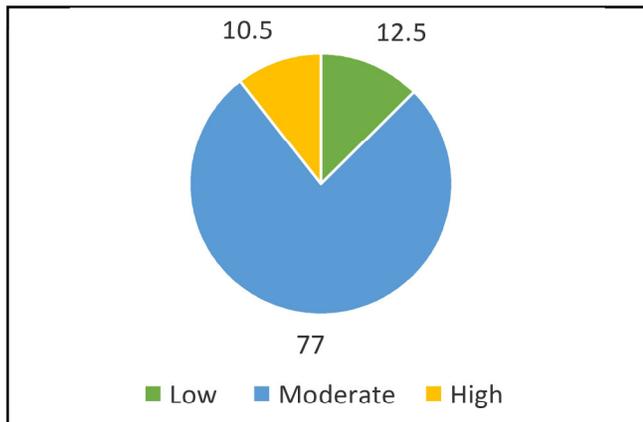


Fig. 1 : Pie diagram showing mental health level of boys

moderate mental health level following respondents with low mental health (12.5%) and only 10.5% had high mental health level.

The Table 3 and Fig. 2 clearly shows the effect of COVID-19 on boys and it was found that maximum (43.5%) had average level of COVID-19 followed by 39.5% had below average level of COVID-19 and only 17% had above average level of COVID-19.

Table 3 : Measure of effect of COVID-19 on boys

Effect of COVID-19	Boys	
	N	%
Below Average	79	39.5
Average	87	43.5
Above Average	34	17
Total	200	100

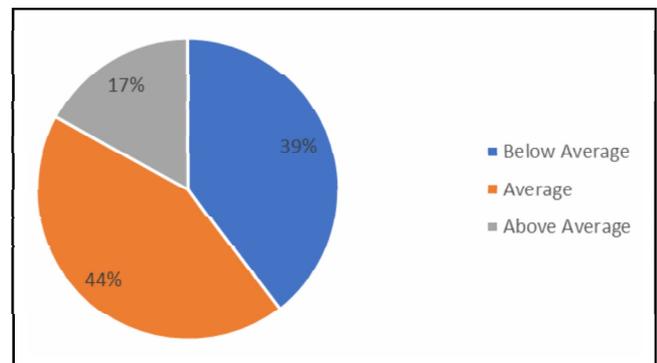


Fig. 2 : Pie diagram showing Effect of COVID-19 on boys

From the Table 4 it is observed that maximum boys (70%) with high mental health experienced an average level of impact from COVID-19, followed by 20% of boys affected by above-average COVID-19 impact. The p-value of 0.456 indicates that this relationship is not statistically significant, suggesting that there is no significant association between the effect of COVID-19 and mental well-being of boys. Thus, the hypothesis is accepted.

Conclusion:

The study concluded that despite the challenges and

Table 4 : Showing the relationship between Mental Health of boys and their effect of COVID-19

Effect of COVID - 19	Mental Health of boys						Total	χ^2	p	
	Low		Moderate		High					
	N	%	N	%	N	%				
Below Average	6	23.1	26	16.9	2	10	34	17	3.645	0.456
Average	18	69.2	95	61.7	14	70	127	63.5		
Above Average	2	7.7	33	21.4	4	20	39	19.5		
Total	26	100	154	100	20	100	200	100		

disruptions caused by the COVID-19 pandemic, the mental health of male students was not significantly influenced by the degree of COVID-19 as measured in this study. It is possible that other factors, such as family support, coping mechanisms, or individual resilience, played a more prominent role in maintaining mental well-being during the pandemic period.

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