

A Study of University Students in India Investigates the Effect of COVID-19 on Students of Library and Information Science



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Abstract

Purpose-The purpose of this study to understand the students' Knowledge, attitudes and practice regarding COVID-19, that is crucial to preventing and controlling. This Study also recognize and address university students' psychological effect regarding challenges and cope with COVID-19 outbreak.

Design/Methodology - Data is systematically gathered through Google Forms using a survey-based questionnaire with a randomly chosen population. This Questionnaire is distributed among 200 universities students studying in different Universities, through 153 responses recorded as a sample size for further analysis. The google form designed with Zung SAS (Self Rating Anxiety Scale) in Likert scale form with Range 1 (Normal) to 5 (Severe) with M.S. Excel as statistical method to extract the responses.

Findings -Majority of students face the problem sometimes nervous and anxiety through the COVID-19 spread. And thus, this factor important to consider for prevent from nervousness and anxiety. On the Likert scale, Statement in Zung self-rating scale most of respondent's response Normal then mild which show that the psychological disorder (upset quickly and feel panicky) in the pandemic greater impact on psychology of university students. The problem common movement disorder, muscle contractions occur when face stress, anxiety and depression, sleeping pattern mostly affected Normally due to spread of disease in university students.

Conclusion - According to the findings of this study, the data gathered through a study of random selection looked at the psychological impact of the COVID-19 among university students. Stress, fear, depression, anger, spells, mental health, chronic disease, sleeping pattern, traumatic stress posed a greater risk for psychological effect during the pandemic. Thus, through the findings it will prove that these factors which discussed through the study is important to consider for prevent from nervousness and anxiety problem of psychological aspects and emotional disturbance.

Keywords – COVID-19, Psychological effect, University students, Anxiety, Pandemic, Mental health.

Introduction

The contemporary social exclusion and limits, which are associated with frustration and ambiguity, have rarely been forced upon the modern age where everyone has access to travel and communication. This unpredictable situation of COVID-19 outbreak is clearly demonstrating and affecting to psychological aspects of university students. The most significant psychological responses in the wider populace and students' mental health in relation to COVID-19 transmission. Unregulated anxieties, continuous worry, anger, dullness, and isolation are thought to

be the main problems. Flexibility and improved social support are protective variables in regards to life transition and re-adaptation processes.

Social isolation has always gone hand in hand with the constant, arduous attempts to maintain social distance. Through the addition of negative insights and fear associated with disease have increase several mental health syndromes. Infect various studies figure out a strong correlation between epidemic and mental illnesses such as post-traumatic depressive illness, anxiety, and sadness.

Depression and anxiety are common mental health problems and psychological problems such as

shake and tremble of arms and legs, feel weak and tired easily and bothered with fainting and dizzy spells faced by students during the period of peak of disease. And these problems experienced by university students, can impair students' academic performance and social operational, cause significant drain and potentially affects future career opportunities. Academic students are significantly more likely to experience negative psychological effects throughout the pandemic due to the disease's ongoing dissemination, conspiracy theories, misconceptions, dramatic media coverage of COVID-19, distress related to education have great loss and affect majority of student's mental health and emotional intelligence.

The issue proposed that the risk factors—perceived COVID-19 risk and social humiliation—indicate a positive relationship with psychiatric symptoms. The negative effects of COVID-19 on psychological and academic aspects result in major issues that will arise as a long-term consequence. University students have faced several psychological problems and have deep depression regarding to future outcomes. Due to physical distance and mental turmoil related to the current situation, prior psychiatric disorders may become worse. Distant help may also rise. Indeed, during the ongoing crisis, affection level of emotional, behavioural and psychiatric disorders tends to more numerous and directly affect to student's psychology with effect of daily activities performed by those students.

Objectives of the study

- To determine the significant factors and variables that effect the psychology of University Students in India.
- To determine the significant effect of Stress, fear, depression, anger, spells, mental health, chronic disease, sleeping pattern, traumatic stress on students.
- To identify the most effective element that influencing university students' psychological behaviour in India.

Statement of the Problem

The present topic of research is concerned under the title "*A Study of University Students in India Investigates the Effect of COVID-19 on Students of Library and Information Science*" addressed to factors effects the psychological aspects of University Students specifically in LIS.

Literature Review

A Literature review of this study analysed the psychological impact or stress of covid-19 among university students. And know the level of stress faces by the students in this epidemic. The main purpose of literature review is to know the past experience by the researchers on the related issues and what gap exists in their findings.

The study conclude that majority of students spent maximum time at home and checking spread of COVID-19, worried about their family members and dissatisfied with government tackled this problem at initial and current stage. The respondents understudy in majority were COVID-19 lockdown is temporary solution to control spread of this disease and if lockdown continue long time may result many problems like psychological, social, economic and religious problems (Khan, Q., & Swaminathan, J.,2020) and survey also tends to result that urban student mentally affected than rural and also increase in need for separateness, being inhibited and self-harm in male students to much require attention. the result indicates that around is overall increased alertness about mental health among students, a significant improvement is attainable (Kshipra et.al.,2020). Therefore, the lack of data and floating rumours are responsible for panic situation. at last, this study concluded that covid-19 pandemic situation has significantly high and worst anxiety than pre situation. (Pingale V.G., 2020) also that the lockdown had serious implication on mental health, resulting in psychological issues such as frustration, stress and depression. the research identified the following as impact of covid-19 on students of different age groups, time spent online class, sleeping habits, daily routines, social life and mental health etc. This study contained a web-based survey to know about demographics and information about daily online routine and medium of stress bursters during the pandemic and assessment of the online learning to evaluate the levels of satisfaction among students. (Chaturvedi et. al.,2021).

The study enhances the literature review on emphasis of socio demographic indicators, interpretation of physical symptoms, quarantine activities and COVID-19 unique stressors were extracted. The findings revealed substantial adverse effects varying levels of stress, symptoms of depression and discomfort. This study also revealed that financial instability, unpredict towards future/career as common factors that cause poor psychological and weaken economic sustainability

(Li, H., Hafeez, H., & Zaheer, M. A.,2020) and the Qualtrics software platform is used for online survey. In this survey we believe gender predicts fear level, mental health problem etc. The studies show that pandemic increases psychological stress and the quarantine led to mental health condition such as depression, anger and exhaustion (Konstantinov et. al.,2020) also the findings of this study highlight the intervention and preventive strategies to address mental health of college students. The points figure out in this study demographic characteristics, perceived stress scale etc. to the depression, class workload, eating patterns, sleeping habits, social relation and suicidal thoughts (Changwon son et. al.,2020).

In this study author designed, Depression anxiety stress scale 21 (DASS-21) questionnaire distributed among the university students. Through the finding - 40.5% of participants experienced normal level of stress and 42.4 % facing anxiety. In their research aimed to examine the levels of psychological stress, anxiety, depression symptoms. This study confirmed the benefits of regularity in reducing and preventing stress, anxiety and depression. (Alfakeh, S. A.,2021) further that other researcher, study have methodological limitations, because of participants highly educated, generalization of finding to other ethnic group should be approved and this cross-sectional study did not permission to examine long term impact of change in children's behaviours and emotional function during the quarantine on children's outcome (Evren Morgül et. al.,2020).

Outbreak of COVID-19 has led to quarantine of people in order to mitigate the spread. some people developed mental health problems and many solutions put in place to address the mental health issues of patient and health professionals is impact by the disease. In this study cross sectional survey using a standard questionnaire measuring adverse effects with multivariate regression was used to examine the determinants of adverse psychological outcome (Gnanasoundran et.al.,2020) Thus, findings highlighted the multiple factors contribute to students distress during the pandemic and evidence may help to inform students centered support program and mitigate long-term negative implication (Grubic et. al.,2020) and also highlight the importance of targeting these groups to mitigate the consequence of home quarantine on public health (Massad et. al.,2020) and more about study talks about rate of self-reported suicidal thoughts, severe distress, anxiety, state trait anxiety inventory

and item back depression inventory. This study also carries socio-demographic characteristics (income, poor quality and health related information) (Wathelet et. al.,2021).

In this study used patient health engagement scale, self-rating anxiety scale, and self-rating depression scale to access engagement, anxiety and depression symptoms etc. The results show that 90% of respondents understanding the preventive measures and 70% suffering from impossibility of physically seen of friends and relatives (Villani et.al.,2021) and also has cross sectional online survey using Zung's self-rating anxiety questionnaire. The range that is offered ranges from very low to very high degrees of tension. Financial limitations, future ambiguity, remote online instruction, virtual education, job and academic success uncertainties, etc. are some of the key stresses. (Sundarasan et.al.,2020) also with focusing and by focusing on the COVID-19's restricted range of mitigating factors to address the economic and health issues, policymakers may be avoiding existing inequities in higher education from growing. (Aucejo et.al.,2020).

This outbreak imposes that psychological consequence on people requires the involvement of the relevant authorities to handle the problem psychologically (Khan, A. H. et.al.,2020) and also study talks about public must follow all the instructions issued by the government and outbreak the chain of spread of COVID-19 with positive percentage increased due to myth in society (Pragholapati, A.,2020). According to this investigation, university students during pandemics had a high need for psychological support. It also recommended taking an ecological 15 point of view on the determinant role of stigma during disease outbreaks and using intervention to forget cross factors and lessen COVID-19 people's fear. (Sun et.al.,2020).

Methodology

The methodology explains the overarching conceptual foundation of certain research methodologies. The method section of report details how the research was conducted, the research method used and the reason for choosing the methods e.g., surveys/questionnaire, interviews, case study etc. Data were collected utilising a survey approach with a questionnaire, observations, and discussions with subject matter experts in order to meet the study's objectives.

Methods and Materials

The procedure of methods and materials are followed in present study describe in following ways such that –

Design of the study- A structured design of set of questionnaires on demographic profile (e.g., gender, age, departments, course etc.) and ZUNG self-rating anxiety scale (SAS) used in this study.

Sample selection

This questionnaire is distributed among 200 students studying in different universities, through those 153 responses recorded till the estimate date. As per sample size required 153 responses met the minimal requirements for further analysis.

Details of tool employed

Google form: A set of demographic profile and self-rating anxiety scale questions in a questionnaire through an online google form has created for data collection. This google form provides structured way of questions in a definite manner and well-being. This tool helps to take the response from the respondents and take a review of response.

Social media: This is a basic tool to reach to respondent and take their response. This tool maximized the results through the better use of this platform. Since in this pandemic situation, social distancing, not get together this tool made possible to employ the study through conduct via. WhatsApp, Facebook, E-mails etc.

M.S. Excel: This tool is essential for designing data and recording replies in the best possible way with the help of diagrammatic representation.

Statistical methods employed

The statistical method employed to analyse the data collection was M.S. Excel. The data was coded (1 “Normal”, 2 “Mild”, 3 “Moderate”, 4 “Severe Moderate”, 5 “Severe”) and entered in excel sheet in tabular form to extract the data. This google form designed with Zung SAS (Self Rating Anxiety Scale) in Likert form. M.S. Excel also use for plot of histogram chart of the collected data.

Data Analysis and Interpretation

Data analysis is process of reviewing data through predefined process, help to assign some meaning to the data and arrive at relevant and authentic conclusion. Data analysis is process of categorizing, manipulating, and summarizing data to answer the questions.

This is after step of data collection which is categorized in two (first is demographic profile

such as Gender, Age, Course etc. and second one is Zung self-rating anxiety scale) categories.

Demographic Profile of Respondents

This section deals with demographic profile of respondents such as Gender, Age and Course

Gender Wise Distribution

In demographic profile, Gender plays an important role to finding of study show the distribution of respondent on gender wise. The result from the below Figure those male respondents are higher 87 (56.9%) than female respondents 66 (43.1%). The result present that more than half respondents are belongs to male respondent and indicates impact of COVID-19 in this study more affect male respondents.

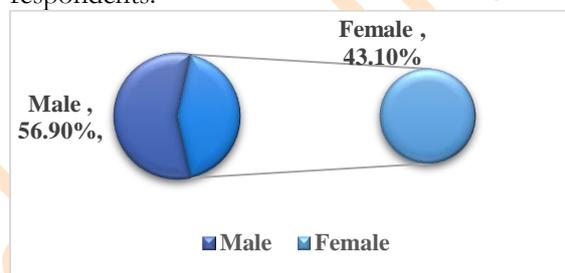


Fig 1: Age wise distribution

The age variable in demographic profile incorporates the study, to examine psychological effect of COVID-19 among university students. In this study, respondents age is divided into three categories i.e., 20-22 years, 23-25 years and 26 and above years. Fig. present the result of the age distribution, respondents of age group 23-25 years constitute 43.8% of the respondents, 20-22 years constitute 30.7% and 26 and above years constitute 25.5%. The result depicts that the age group 23-25 years with 43.8% has highest response rate and explain the most UG and PG students fall under this age group.

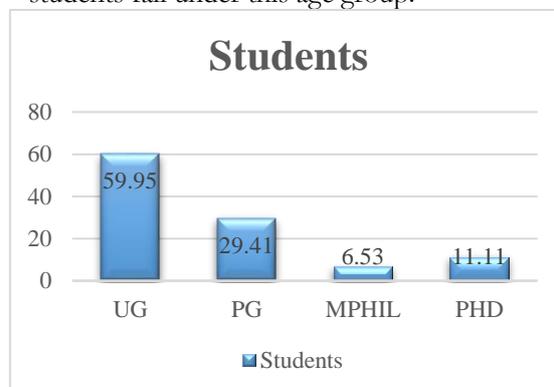


Fig 2: Course wise distribution

In course wise distribution, respondents

belonging to categorized under the course to the schools of distinct departments. This distribution shows the percentage of course concern students of various departments. Hence 4 strata of course taken for this study (UG, PG, M.Phil., Ph.D. etc.) The result from fig. show that PG constitute that 52.95%, UG constitute that 29.41%, Ph.D. constitute that 11.11% and M.Phil. constitute 6.53% respectively. From the fig 4.3 result is most of the respondents are PG (52.95%) of different departments have greater contribution in this study.

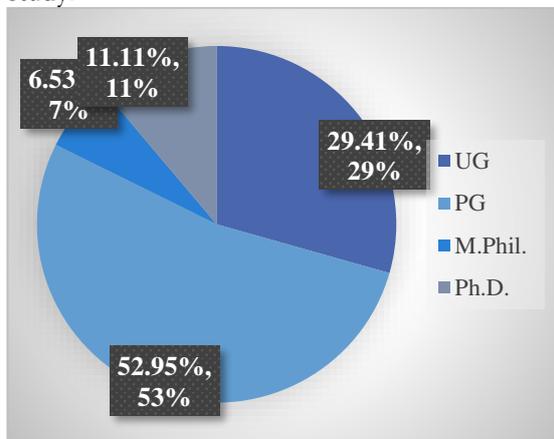


Fig 3: Psychological effect of COVID-19 among university students (self-rating anxiety scale)

I feel more nervous and anxious than usual

In the self-rating anxiety scale, the first question in questionnaire about the problems or psychological disorder. In the question “I feel more nervous and anxious than usual “consider scale from normal to severe condition, through that in fig shows that constitute of Normal (53.6%), Mild (26.8%), Moderate (13.73%), Severe Moderate (3.26%) and Severe (2.61%) respectively. Since the results show that majority of students response in Normal (53.6%) have face the problem sometimes nervous and anxiety through the COVID-19 spread. And thus, this factor important to consider for prevent from nervousness and anxiety.

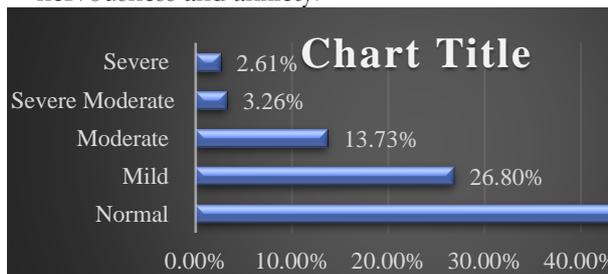


Fig 4: I feel afraid for no reason at all

Through the figure show the constitution of respondents on scale, Normal (45.1%), Mild (34.65%), Moderate (10.45%), Severe Moderate (5.22%) and Severe (4.58%) respectively. The results show that fig. majority of students goes with Normal (45.1%) show that this problem occurs in students in this pandemic with afraid without reason.



Fig 5: get upset quickly or feel panicky

Through the question “I get upset quickly or feel panicky”, the respondents constitute as Normal (49.67%), Mild (24.84%), Moderate (15.03%), Severe Moderate (7.85%) and Severe (2.61%) respectively. The result from Fig. show that more of respondent’s response Normal (49.67%), face the psychological disorder (upset quickly and feel panicky) in the pandemic have greater impact on university students.

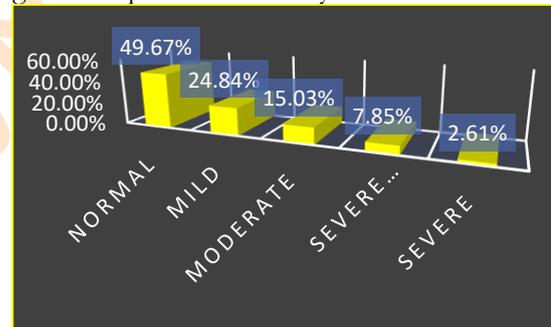


Fig 6: I feel like I am falling apart and going to pieces

The statement mentions the problem of psychological aspects and emotional disturbance. In the fig. shows that responses in Normal (54.9%), Mild (24.18%), Moderate (13.73%), Severe Moderate (6.54%), and Severe (0.65%) respectively. The results from fig. conclude that more of respondents face Normal (54.9%) situation on this mental issue and through the emotional problem in this pandemic normally effect falling apart and going to pieces situation.

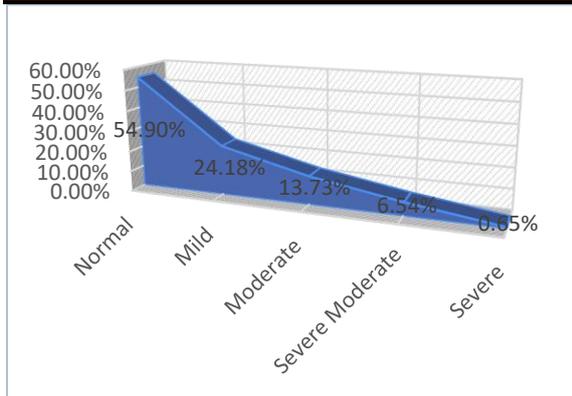


Fig 7: I feel that everything is all right and nothing wrong will happen

In fig. shows that responses in the Normal (63.40%), Mild (17%), Moderate (12.41%, Severe Moderate (4.58%) and Severe (2.61%) respectively. Through the result from fig. shows that most of student's response Normal (63.40%) situation in this pandemic and normally accept the positive thoughts in the mind.

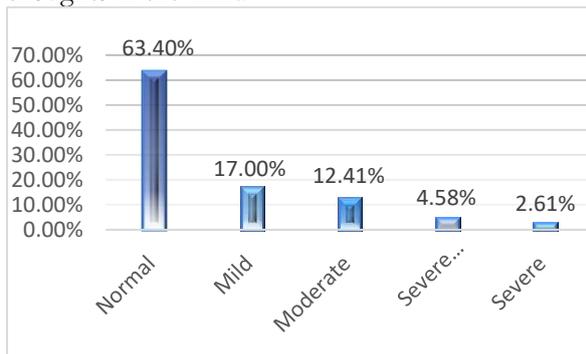


Fig 8: My Arms and Legs are tremble

In the fig. show the constitute as Normal (41.83%), Mild (28.76%), Moderate (21.58%), Severe Moderate (5.22%) and Severe (2.61%) respectively. The result concludes that more of respondent's response Normal (41.83%) show that common movement disorder in this pandemic occurs in university students.

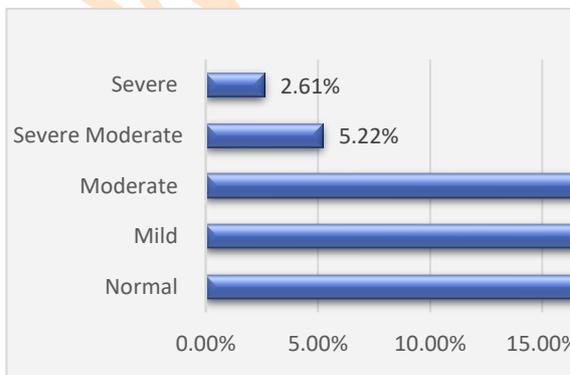


Fig 9: I am bothered by headaches, neck and back pain

This statement "I am bothered by headaches, neck and back pain" express that muscle contractions occur when face stress, anxiety and depression. In fig. shows that constitute as Normal (40.52%), Mild (36.60%), Moderate (19.61%), Severe Moderate (1.96%) and Severe (1.31%) respectively. Through the fig. result concludes that majority of university students feel Normal (40.52%) in this situation.

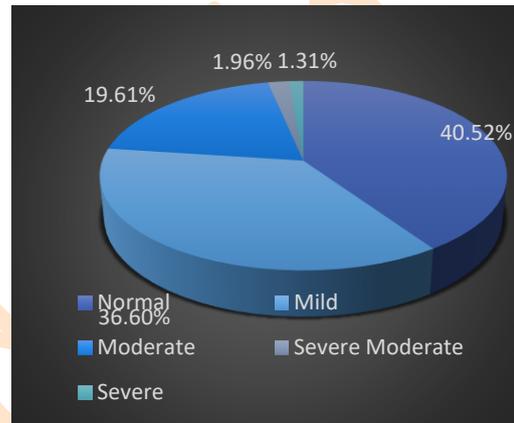


Fig 10: I feel weak and get tired easily

In this statement "I feel weak and get tired easily" express emotional exhaustion and more stress is reason of students in this pandemic. In fig. shows that constitute as Normal (35.29%), Mild (30.06%), Moderate (20.27%), Severe Moderate (10.46%) and Severe (3.92%) respectively. Through the fig., result conclude that majority of university students feel Normal (35.29%) in this situation.

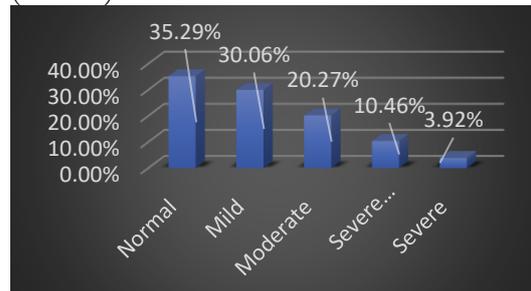


Fig 11: I feel calm and can sit still easily

In this statement "I feel calm and can sit still easily" express occurs when high functioning anxiety developed in students in this pandemic. In fig. shows that constitute as Normal (64.05%), Mild (20.27%), Moderate (10.46%), Severe Moderate (2.61%) and Severe (2.61%)

respectively. Through the fig. result concludes that majority of university students feel Normal (64.05%) in this situation.

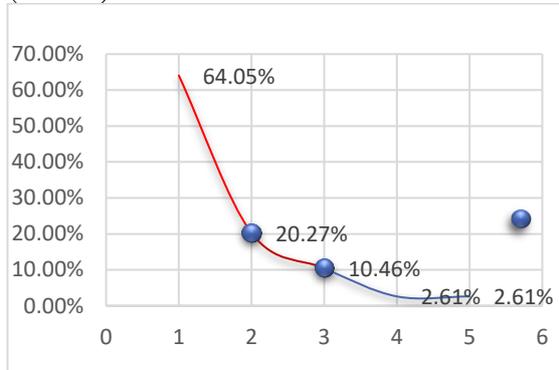


Fig 12: I can feel my heart beating fast

In this statement “I can feel my heart beating fast” express those stressful emotions cause to increase of heart rate of students in this pandemic. In fig. shows that constitute as Normal (58.17%), Mild (16.34%), Moderate (16.34%), Severe Moderate (7.19%) and Severe (1.96%) respectively. Through the fig. result conclude that majority of university students feel Normal (58.17%) in this situation.

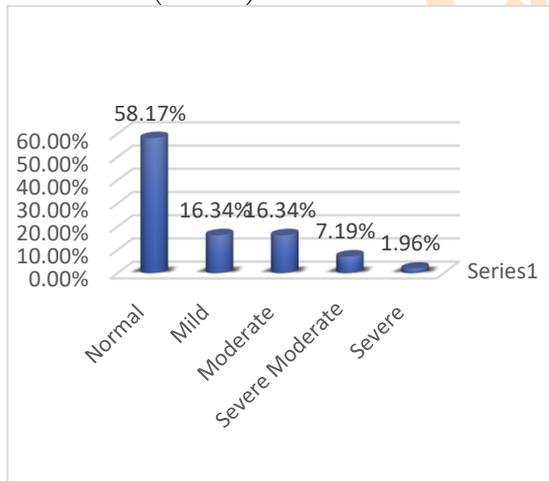


Fig 13: I am bothered by dizzy spells

In this statement “I am bothered by dizzy spells” express that reasonably attributed to a psychiatric disorder (e.g., anxiety, depression, somatization disorder) in this pandemic. In fig. shows that constitute as Normal (47.71%), Mild (28.78%), Moderate (18.29%), Severe Moderate (3.26%) and Severe (1.96%) respectively. Through the fig. result conclude that majority of university students feel Normal (47.71%) in this situation.

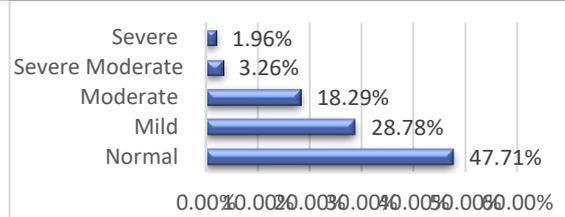


Fig 14: I have fainting spells or feel like that it

In this statement “I have fainting spells or feel like that it” express that suffer of anxiety, fear, pain, intense emotional stress etc. In fig. shows that constitute as Normal (45.1%), Mild (26.15%), Moderate (23.53%), Severe Moderate (3.26%) and Severe (1.96%) respectively. Through the fig. result conclude that majority of university students feel Normal (45.1%) in this situation.

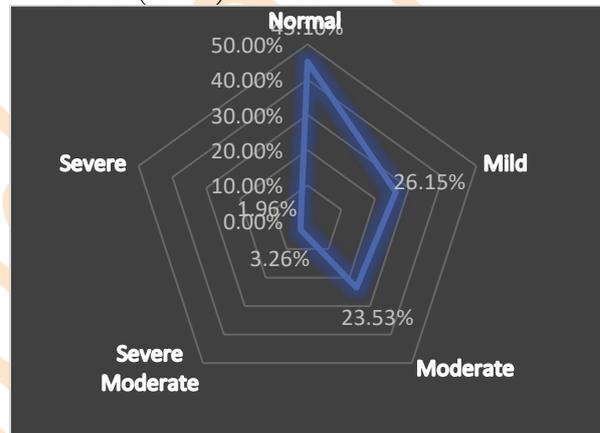


Fig 15: I can breathe in and out easily

In this statement “I can breathe in and out easily” express that basically occurs when problem of mental health affect physical health. In fig. shows that constitute as Normal (84.32%), Mild (6.54%), Moderate (5.23%), Severe Moderate (2.61%) and Severe (1.96%) respectively. Through the fig. result conclude that majority of university students feel Normal (84.32%) in this situation.



Fig 16: I get numbness and tingling my fingers and toes

In this statement “I get numbness and tingling

my fingers and toes” express that basically anxiety occurs to cause of this symptom. In fig. shows that constitute as Normal (41.83%), Mild (28.76%), Moderate (24.18%), Severe (3.27%) and Severe Moderate (1.96%) respectively. Through the fig. result conclude that majority of university students feel Normal (41.83%) in this situation.

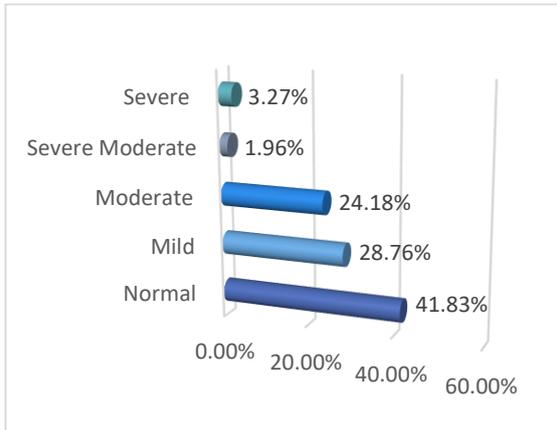


Fig 17: I am bothered by stomach aches or indigestion

In this statement “I am bothered by stomach aches or indigestion” express that lead to significant of mental health problems. Through the fig. result concluded that majority of students fall under Normal (37.91%) and Mild (37.91%) and faces stomach aches with anxiety and depression appears in pandemic.

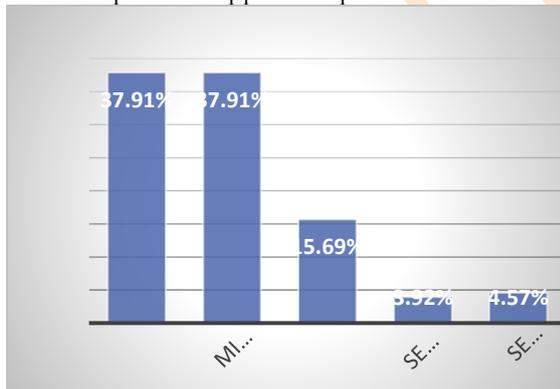


Fig 18: I have to empty my bladder often

In this statement “I have to empty my bladder often” express that sometimes a chronic issues or prostate problem cause to empty of bladder. In the fig. shows that constitute as Normal (49.68%), Mild (28.1%), Moderate (16.99%), Severe Moderate (3.27%) and Severe (1.96%) respectively. Through the fig. result conclude that the majority of students response Normal (49.68%) to face these problems in this pandemic.

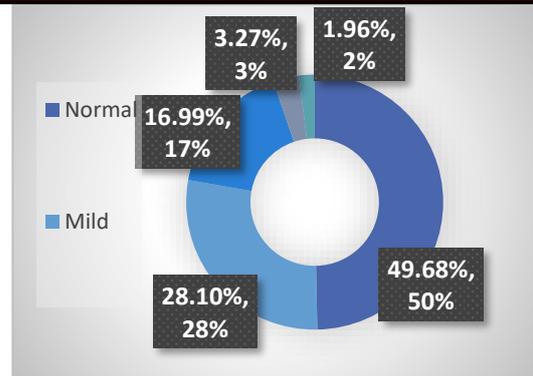


Fig 19: My hands are usually dry and warm
In this statement “My hands are usually dry and warm” express that emotional upset, anxiety, stress in this pandemic. In fig. show that constitute as Normal (42.48%), Mild (32.68%), Moderate (13.07%), Severe Moderate (6.54%) and Severe (5.23%) respectively. Through the fig. result conclude that majority of students faces Normal (42.48%) of this situation.



Fig 20: My faces get hot and blushes

In this statement “My faces get hot and blushes” expressed that common physical response to anxiety, stress, anger, embarrassment or extreme emotional state. In the fig. shows that constitute as Normal (45.75%), Moderate (24.84%), Mild (19.61%), Severe Moderate (5.88%) and Severe (3.92%) respectively. Through the fig. result conclude that majority of university students assume Normal (45.75%) of this disorder then moderately affect in this pandemic.

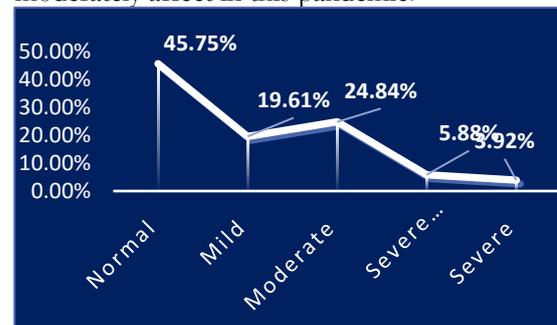


Fig 21: I feel asleep quickly and get a good

night's rest

In this statement "I feel asleep quickly and get a good night's rest" expressed that sleeping pattern use by the university students in this pandemic. in fig. shows that constitute as Normal (45.75%), Mild (22.22%), Moderate (18.95%), Severe Moderate (9.16%) and Severe (3.92%) respectively. Through the fig. result conclude that most of university students respond Normal (45.75%) as affection of sleeping pattern in the pandemic.

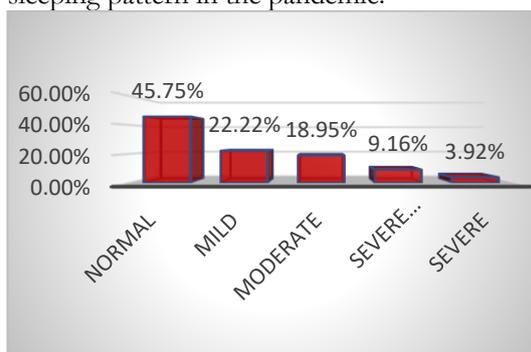


Fig 22: I have nightmares

In this statement "I have nightmares" express that this problem brings out the strong feeling of fear, distress and anxiety. The feelings such as more vivid or intense than a bad dream. The mostly problems occur in university students is post-traumatic stress disorder to feel chronic. In fig. shows that constitute as Normal (50.33%), Mild (26.8%), Moderate (13.07%), Severe Moderate (5.23%) and Severe (4.57%) respectively. The result from fig. concluded that majority of university students faces Normal (50.33%) the nightmares situation due to cause by certain sleep disorders in this pandemic.

Findings

The result of this study reveals that largest population of university students affect with psychological disorder. Due to covid-19, the impact of psychology is major concern and mostly often in university students. The age group is factor of a demographic profile and serious concern that which age group of students faces lots of psychological problem in this pandemic. And zung self-rating anxiety scale measures the impact on the scale Normal to severe to know the situation and effect of this pandemic. In the past study mostly focus on mental health, and psychological disorder in students but this research based on the anxious and stress in this pandemic. This study is basically drawing a conclusion how students face this situation in daily life of university students. The

problems of weak and tiredness through the think about the spread of disease have major problem for university students. Such as the activities to identification of psychological disorder as fainting and dizzy spells, and numbness and tingling fingers problems mostly see in university students.

- Majority of students face the problem sometimes nervous and anxiety through the COVID-19 spread. And thus, this factor important to consider for prevent from nervousness and anxiety.
- Mostly face the psychological disorder (upset quickly and feel panicky) in the pandemic have greater impact on university students.
- Mental issue and through the emotional problem in this pandemic normally effect falling apart and going to pieces situation.
- The problem common movement disorder in this pandemic occurs in university students.
- Students express that muscle contractions and sleeping disorder occur when face stress, anxiety and depression.
- Mental health mostly affected normally due to spread of disease in university students.

Recommendation

The study corelated that all the possible problems which may be cause in this pandemic on daily routine of university students. This study is significant in allowing to know in depth the reason behind the actual problems through the analysis and also applicable in improving of psychological disorder or irregularity in life situation of university students.

Some recommendations regarding the study –

- This study indicates the various factor affect the mental health of university students, then must be health care remedies use by the students after measures the cause of effect.
- The gap existing the previous study on this topic only present the psychological problem, not their root cause of occurrence. So, this study is based to examine the real-life situation of university students.
- This study explores the factors such as anxiety, fear, tiredness, sleeping pattern. so, this topic covers whole the problem in

a single frame of study.

- Better understanding about effect of spread of disease, make effective way of solution- oriented minds towards the effectiveness of life situations.
- This study builds a gap towards the conscious minds and remove the barriers which make a reason in chronic disease occurrence.

Conclusion

This study concluded that the cross-sectional study examines on the psychological effect of covid-19 among university students, stress, fear, depression, anger, spells, mental health, chronic disease, sleeping pattern, traumatic stress etc. were risk factors for higher level of psychological impact during the pandemic.

Thus, through the findings it will prove that these factors which discussed through the study is important to consider for prevent from nervousness and anxiety problem of psychological aspects and emotional disturbance. Thus, in last concluded that all the psychological significantly affect the mental health and affect psychology through the knowing the risk factors occurrence on students must be resolved or disseminate in pre stage of problems.

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