

The psychological behaviour of parents and school/college management in the COVID-19 pandemic: the suffering of students

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ABSTRACT

The present study aimed to explore the effect of risk factors associated with the COVID-19 outbreak experience on parents, school/college management and children's (student's) well-being as well as suffering. In this pandemic period, the parents don't get salary from their respective jobs or getting half salary, while on the other hand the school/college management ask and force to pay the fees of students to their parents to pay the salary to teachers to take online classes to teach the students. In these scenarios, the parents and school/college management are facing financial crises as well as mental stress to handle the family responsibilities, basic needs of family members and education quality. In all these circumstances, students are suffering from mental illness and also compromising with the quality of education. In addition to this, the handling of this situations is also discussed in a proper way. Furthermore, how that can helpfully solve the mental health problems of students are also discussed in this article.

Keywords: COVID-19, Psychological Behaviour Of Parents, Suffering Of Students, Financial Crises, Mental Health, Education Quality

The COVID-19 pandemic is first and foremost, a health crisis. Many countries have (rightly) decided to close schools, colleges and universities [1]. According to the official website of the world health organization, there were total 6.23 million cases are confirmed, while 5.19 million patients are recovered and 97,497 deaths are reported as of till the date 30th of September 2020 [2]. The epidemic brought not the risk of deaths from the viral infection but also unbearable psychological pressure on Indian people and the rest of the world. The continuous spread of the COVID-19 virus, strict isolation measures and delays in schools, colleges and universities across the country is expected to influence the mental health of the students, parents, school/college management [3,4]. There have been reports on the psychological impact of the epidemic on the general public, patients, medical

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staff, older adults [5-7] available. However, no detailed study on school/college management, parents and students facing the epidemic has been conducted to the date.

As per the issue raised during the pandemic, the major suffering is from the part of the student. As in this, there was a revolution among the authorities and the parents which comes to the negative ends. On the one side, the parents are not ready to pay the fees and on the other hand, there was suffering from the side of the management that how they will pay the salary to the Employees. In all these matters, the main part of suffering is the innocent children (students) who founded a ray of hope during the online teaching. But these social effects are the barriers for them. Nowadays, all these issues are taken very lightly but it means a lot.

The disaster sets the dilemma policymakers are looking between shutting schools (decreasing contact and saving lives) and keeping them open (permitting laborers/workers to work and sustaining the economy). The serious momentary disturbance is felt by numerous families around the globe: self-teaching isn't just a massive shock to guardians' productivity yet in addition to children's social life and learning. Education is moving on the web (online), in the other language we called it as Virtual teaching on an untested and remarkable scale. Understudy evaluations are additionally moving on the web, with a ton of experimentation (trial and error) and uncertainty for everybody.

Numerous assessments have just been cancelled. Significantly, these interferences won't simply be a temporary issue, yet can likewise have long-term ramifications for the influenced associates and are probably going to increase imbalance.

METHODOLOGY

A systematic analysis of the literature on the psychological behaviour of parents and school/college management in the COVID-19 pandemic: was the technique used in this research. Parents of children studying in the schools or colleges completed an online survey reporting their home environment conditions, any relation they had to the pandemic consequences, their difficulties experienced due to the quarantine, their perception of individual and parent-child dyadic stress, and their children's emotional and behavioural problems. The same way survey was completed for the school/college faculties (management team). The following reviews were as follows: (a) published in the English language (b) Published from last 8 months, (c) Include all forms of mental illness due to COVID-19 or as a whole, (d) Use any design for quantitative research, and (e) Measure the result of anxiety. For many ailments due to the COVID-19 pandemic was used as a study in the case of students, parents and school/college organizations. Such articles were reviewed for the present study.

Search strategy Databases: The Cochrane Library, PubMed and Scopus databases are included in an online search for databases. Terms and constraints of online search: a quick, systematic search uses free-text conditions: "COVID-19 pandemic influence on human's behaviour" and "effect/pathway" and "emotional and behavioural problems in students" "review: psychological behaviour of parents and school/college management in the COVID-19 epidemic".

RESULTS

Overview about the COVID-19 pandemic

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most of the people tainted with the COVID-19 infection will encounter mild to

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moderate respiratory disease and recoup without requiring unique treatment. Aged people and those with basic clinical issues like cardiovascular ailment, diabetes, constant respiratory disease, and disease are more possibilities to create serious ailment. The proper way to stop and slow down spread is to be well informed regarding the COVID-19 virus, the disease it causes and how it is transmitted. Guard yourself and others from infection by cleaning your hands through soaps or an alcohol-based sanitizer frequently and not touching your face. The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's essential that you also practice respiratory protocol (i.e., by coughing into a flexed elbow). At this present period, there are no precise vaccines or treatments for COVID-19 available in the market. However, many ongoing clinical trials are assessing possible treatments. WHO will continue to deliver updated information as soon as clinical conclusions become available [8]. Furthermore, the probable immersions for novel Coronavirus and its preventions are briefly discussed in our previously published review article [9].

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Results showed that the perception of quarantine's difficulty is a crucial factor that undermines both parents' and school/college management's well-being, which ultimately influences the student's education and well-being. Quarantine's impression on children's behavioural and emotional complications is refereed by parent's individual and dyadic stress, with a stronger effect from the latter. Parents who have gone through more problems in tackling with quarantine show more stress. This, in order, increases the children's difficulties. Living in a more at-risk area, the quality of the home environment, or the relation they have with the pandemic consequences also have an additional effect on families' well-being. Furthermore, as per the problem raised during the pandemic, the major suffering is from the student's part. Because there was a revolution among the authorities and the parents which comes to the negative ends in terms of financial management. On the one side, the parents are not ready to pay the fees because they are not getting their salary from their respective Jobs or getting half salary. On the other hand, there was suffering from the side of the management that how they will pay the salary to the Employees. At the end, the main part who is suffering is the innocent children (students) who founded a ray of hope during the online teaching. But these social effects are the barriers for them. Nowadays, all these issues are taken very lightly but it means a lot for the upcoming future of these students.

Staff preparation and training from school/college management side to handle the situation

It is also a challenging time for the school/college management for the provisions for safeguarding; division of work between departments; devices for teachers to remain in touch collectively for joint support; and brief and simple updates on learning technologies already to some extent familiar. Several institutions had plans to make better use of technology in teaching, but the occurrence of COVID-19 has intended that changes planned to happen over months or years had to be implemented in a few days. In addition to this, there are faculties of academic organizations are facing problem with dealing the new software and new technologies i.e., Zoom meetings, Google meet, etc. For this purpose, they required proper training and guidance to work with this advancement of technology. Also, they have to modify the lecture delivery techniques.

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The suffering of students

In this tough time, it is very difficult for the student to survive. There is no proper fix scheduled for classes nor examination. Few students have even not a proper facility of attending online classes. i.e., video lectures supported mobiles, tablets or laptops. For the students from 1st std to 8th std, it is very difficult for them to adopt this new revolution because in so many cases, it was observed that the parents are not that literate that they can help their children to join the online class or utilize the online facility provided by the academic organizations. Considering all these circumstances, at the end the education of students and they them self mentally suffering in this critical time period.

Assessments

The closing of schools, colleges and universities not only disturbs the education for students around India but also around the world. The closing also coincides with a key assessment period and many exams have been postponed or cancelled. Furthermore, in few streams and semesters, the mass promotion was also implemented according to the guidelines of the government of India. Internal assessments are perhaps thought to be less important and many have been simply cancelled. But their point is to give information about the child's progress for families and teachers. The loss of this information delays the recognition of both high potential and learning difficulties and can have harmful long-term consequences for the child.

Solution

These across the country terminations are affecting over 91% of globes' students. A few different countries have applied localized closing affecting a million of other students. UNESCO (United Nations Educational, Scientific and Cultural Organization) is supporting nations in their activities to moderate the instant effect of school terminations, especially for more helpless and distraught communities, and to encourage the continuity of education for all through distant learning. The UNESCO report shows that the COVID-19 pandemic will badly affect more than 290 million understudies across 22 nations. The UNESCO evaluates that around 32 crores of students are influenced in India, incorporating those in schools and universities [10].

Consequently, the administration has thought of the e-learning program. Numerous ed-tech firms have attempted to use the event by offering free online classes or interesting discounts on e-learning modules. These measures have been met with the awesome reaction by students with certain new startups perceiving as high as 25% uptick in e-learning. Distant learning appears to be a feasible solution for students during this time as they provide helpful, on-the-go and reasonable access to lessons. E-learning additionally comes as an interesting and interactive option when contrasted with classroom study education.

Coronavirus has incited specialists to rethink the conventional method of instruction. Advanced training in term of digitally learning seems to be a workable solution for make up for in the shortcoming for study hall instruction for a time of three to four months while limiting the odds of any disease to students until classes continue. All the more critically, it has likewise brought the up to this point fringe issue of digital education in India to the centre stage. Going ahead, advanced digitally education is probably going to be incorporated into mainstream teaching. This will empower comprehensive education by encouraging learning across diverse geographies in India. Besides, it will give a chance to teachers to think of customized learning solutions for each student.

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A total revolution in the manner we adopt today has been achieved by Technology. Every student come to be in contact with world-class education, which isn't possible but difficult to give by the normal white chalk and chalkboard technique for educating. This new learning is additionally attractive, customized and pleasant [11]. A Massive Open Online Course (MOOC) is an online course focused on boundless participation and open access through the web. India is viewed as the greatest market for MOOCs in the globe after the USA. Since the number of candidates in India is tremendous, massive open online course (MOOC) is said to open doors for a great deal of Indians regarding bringing an educational revolution [12]. Online learning programs give an extraordinary chance to avail of excellent learning with the assistance of a web network.

Digital learning has many advantages in itself like digital learning has no physical boundaries, it has more learning engagement experience rather than the traditional learning, it is also cost-effective and students get to learn in the confines of their comfort zone. However, digital learning is not without its limitations and challenges since face-to-face interaction is usually perceived as the best form of communication compared to the rather impersonalized nature of remote learning [13]. Globally, online education has met with some success. In the case of India, we still have a long way to go before digital learning is seen as mainstream education because students living in urban area have the facilities to opt for digital education, however, rural area students do not have the required infrastructure nor are financially strong to avail the resources required for digital education [14]. Building of the digital education infrastructure by the Government of India presently appears to be difficult due to lack of budget. Further, even if the digital infrastructure is built, training has to be given to the teachers to use the digital system to provide authentic and proper, uninterrupted and seamless education to the students.

In concern to health, students and parents both require to take proper healthy food, need to do yoga [15], pranayama, light exercises, consume hot water 4 to 5 times a day, and follow the health guidelines provided by the Ministry of AYUSH, Government of India [16].

CONCLUSIONS

Managing in quarantine is an especially stressful experience for guardians who must adjust personal life, work, and bringing up children, being left alone without extra resources. This circumstance puts guardians at a more serious danger of encountering distress, possibly impairing their capacity to support parental figures. The deficiency of help these youngsters get in such a trouble moment might be the reason for behind their more pronounced mental side effects. Strategies should consider over the difficulties of the lockdown for families' psychological wellness, and strong-helpful interventions for the immediate and for the future should be promoted.

The COVID-19 pandemic is a huge challenge to education systems. This Viewpoint offers guidance to teachers, institutional heads, and officials on addressing the crisis. What preparations should institutions make in a short time available and how do they address students' needs by level and field of study? Reassuring students and parents are a vital element of institutional response. In ramping up capacity to teach remotely, schools and colleges should take advantage of asynchronous learning, which works best in digital formats. As well as the normal classroom subjects, teaching should include varied assignments and work that puts COVID-19 in a global and historical context. When constructing curricula, designing student assessment first helps teachers to focus. Finally,

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this Viewpoint suggests flexible ways to repair the damage to students' learning trajectories once the pandemic is over and gives a list of resources. Institutions had very little time to prepare for a remote-teaching regime. Where possible, preparations could have included ensuring that students took home the books, notes, etc., needed for study at home. Tying up loose ends, e.g., finalizing test results and reports.

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Conflict of Interest

The author declared no conflict of interest.

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