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The Impact of the Covid-19 Pandemic on the Mental Health of College Students



How the Covid-19 Pandemic Affected the Mental Health of Students

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Literature Review



The research study conducted by researchers (Pandya & Lodhab, 2022) have provided detailed information about the mental health consequences of the COVID-19 pandemic on college students. The researchers have stated in the study that COVID-19 not only poses a threat to the physical health of individuals but also impacts mental health to a large extent. The mental health of various individuals gets seriously affected because of the sudden lifestyle changes.

Many individuals were unable to adapt to sudden lifestyle changes which ultimately resulted in higher stress levels, anxiety, and depression. This research study has focused on the challenges that are being faced by college students and research scholars in response to the COVID-19 pandemic (Pandya & Lodhab, 2022).



In order to conduct the research study the data have been gathered from 4 electronic databases which included Google Scholar, PubMed, PsycINFO, and Scopus. From 1038 screened records 36 studies were included for review. The huge amount of data that has been collected was synthesized through thematic content analysis. The findings of the research study have shown that the COVID-19 pandemic has a **significant impact on the mental health** of college students and research scholars. Researchers have urged us to understand these concerns so that effective mental health interventions can be made to support college students (Pandya & Lodhab, 2022).

Researchers (Copeland, et al., 2021) have provided brief information about the impact of the COVID-19 pandemic on the mental health of college students and their overall wellbeing. The research study has critically discussed the impact of COVID-19 on behavior, emotions, and wellness behavior in 1st year college students. In the research study, the researchers have stated that COVID-19 has imposed lots of restrictions on college students, and due to lockdown and social isolation, the mental health of various college students has been affected. In order to conduct the study the data has been collected from 675 1st year university students (Copeland, et al., 2021).

The findings of the research have shown that many students have faced **externalizing problems and attention problems** after the onset of COVID-19. Students who became part of the **wellness program** did not face much difficulty and were less affected by COVID-19. College students who have faced mental health issues were not part of the wellness program. According to research findings educational and governmental mitigation strategies have a persistent impact on the wellness and mood of the 1st year university students. The researchers have suggested that

the college students' mental health condition should be continuously monitored so that necessary steps can be taken on time (Copeland, et al., 2021).

The COVID-19 pandemic has caused huge inconvenience to people from all around the world. During the pandemic phase, people faced many challenges due to social isolation and lockdown. During lockdown, many students also faced difficulties because they were not allowed to go to educational institutions. This has impacted their mental health to a lot of extent. The researchers (Son, Hegde, Smith, Wang, & Sasangohar, 2020) have critically analyzed the effect of COVID-19 on the US college students' mental health. In order to conduct the study interview survey technique has been utilized for collecting data from the respondents. 195 students have participated in the study. The data which is being collected from the respondents were analyzed through qualitative and quantitative methods (Son, Hegde, Smith, Wang, & Sasangohar, 2020).

The findings of the research study have shown that 138 students have suffered from increased stress levels and anxiety because of the COVID-19 outbreak. The research study has highlighted multiple stressors that become the major reason for high-stress levels, depression, and anxiety. 177 out of 195 students have reported negative impacts of the COVID-19 pandemic. Many students have reported difficulty in concentration, disturbance in sleeping patterns, and a decline in social interaction. Many students have helped themselves so that they can cope with anxiety, stress and depression (Son, Hegde, Smith, Wang, & Sasangohar, 2020).

Researchers (Lee, Solomon, Stead, Kwon, & Ganti, 2021) have provided brief information about the mental health issues which were occurred due to the COVID-19 pandemic in the United States of America. The research has analyzed COVID-19's impact on the mental health of

college students. The researchers have stated that COVID-19 was a highly contagious disease and that's why social distancing was imposed to control the spread of the virus. Many college students were forced to stay at home and many schools and colleges were shifted toward remote learning. In this study, the researchers analyzed the impact of COVID-19 on US college students aged 18 to 24 years (Lee, Solomon, Stead, Kwon, & Ganti, 2021).

In order to conduct the research study significant amount of data has been gathered by the researchers. Both primary and secondary data have been collected in this study. For primary data collection, Pollfish®'s survey research platform was utilized. The data is collected from 200 US college students. The findings of the research have shown that students who were closer to graduation experience anxiety, depression, and loneliness. One-half of the students take physical activity and exercise to manage their mental health during the COVID-19 pandemic. Most of the students during COVID-19 spend their time watching movies and television shows. Overall it can be said that federal regulations are needed to support and make mental health care accessible for all students (Lee, Solomon, Stead, Kwon, & Ganti, 2021).

The research conducted by researchers (Zarowski, Giokaris, & Green, 2024) has provided deep insights into how COVID-19 has affected the mental health of college students. During the COVID-19 pandemic, many students have to face a lot of problems which include social isolation, travel restrictions, remote learning challenges, and a lot of other problems. COVID-19 changed the lifestyle of the students which ultimately increased various mental health issues. In this research study, 32 studies have been reviewed which are conducted during the pandemic period. A significant amount of data has been gathered to find the answers to research questions (Zarowski, Giokaris, & Green, 2024).

The findings of the research study have shown that many college students were at high risk of developing mental health disorders. Mental health issues like anxiety, insomnia, depression, and stress have increased in many college students. Due to rise in the mental health problems the overall performance of college students also gets seriously affected. It is highly important that educational institutions take steps to mitigate mental health issues in students. Through counselling and openly communicating with the students educational institutions can mitigate mental health issues **to lot of extent** (Zarowski, Giokaris, & Green, 2024).

COVID-19 has no doubt brought a lot of stress and anxiety for the students. The purpose of this research study conducted by researchers is to find the effect of the COVID-19 pandemic on the mental health of students. The researchers (Fruehwirth, Biswas, & Perreira, 2021) in the study have stated that students' mental health is seriously affected because they were not allowed to meet with their friends and relatives for a long time. Social isolation increases the level of stress for the students which ultimately leads to depression and other mental health disorders. For conducting **this research study the data has been collected from 419 students who were studying in their first year.** The age of the students **is** between 18 to 20 years (Fruehwirth, Biswas, & Perreira, 2021).

The findings of the research study have shown that the COVID-19 pandemic has a negative impact on the mental health of students who are studying in their first year. Many students have reported that they have experienced more anxiety after the COVID-19 pandemic outbreak. Many students have also reported higher stress levels and depression-related symptoms. Overall the study has clearly shown that educational institutions need to take necessary steps so that the mental health of the students can be improved. The mental health of

the students can be improved by promoting extra-curricular activities, increasing socialization, and through counseling and guidance (Fruehwirth, Biswas, & Perreira, 2021).

The COVID-19 pandemic has changed the lifestyle of people across the globe. Lockdowns and travel restrictions make the lives of many people very difficult. Isolation and staying at home for a very long time increased stress levels, irritability, anxiety, and depression. For College students things were not much different from other individuals. College-going students tend to socialize more on a routine basis and during the COVID-19 pandemic, College students were restricted from going out and meeting with other people. During this period College students faced a lot of difficulties and the behavior of College students changed dramatically. This study (Zimmermann, Bledsoe, & Papa, 2021) has focused on the mental health issues faced by College students during the pandemic period.

The findings of the research study have shown that many college students face many mental health-related issues. It is essential for educational institutions to focus on the needs and preferences of college students otherwise the overall academic performance of the students will be seriously affected. The researchers have provided detailed information about the impact of the COVID-19 pandemic on the mental health of college students however future research can be performed to further investigate the phenomenon. Future research can provide more detail about how such situations can be handled efficiently (Zimmermann, Bledsoe, & Papa, 2021).

The COVID-19 pandemic has caused a number of changes on a daily basis, one of which is the introduction of social distancing measures to stop the spread of the virus. For college students, social prison has become a reality as campuses have closed and classes have moved online. This sudden shift has significantly affected the mental health and well-being of students.

One of the main consequences of the social separation of college students during the pandemic has been widespread feelings of depression and detachment. The fact that many students are no longer able to communicate in person with their classmates and friends has had a negative impact on their mental health. Research has shown the way in which discouragement can adversely affect physical and mental well-being, causing increased pressure, nervousness, and despondency (Shute & Slee, 2016).

Despite feelings of abandonment, social confinement also affected students' sense of place and connection to their school area. The sudden transition to online learning has made it difficult to maintain the relationships many students have with their professors and peers who provide support and guidance. Students may struggle to stay motivated and engaged in their studies if they do not have regular opportunities to interact and collaborate. As a result, they may experience a sense of disconnection from their academic community. In addition, social disconnection has also affected the general prosperity and lifestyle of college students (Shute & Slee, 2016).

A number of researchers are currently investing more energy at home, with limited open doors for exercise, mixing, and recreational exercise. Boredom, restlessness, and frustration are all possible outcomes of this lack of structure and routine. Also, the closing of ground offices such as centers, libraries, and study spaces has made it difficult for students to keep up with solid grades and stay fixated on their school goals. During the pandemic, college students' ability to cope with stress and uncertainty was also affected by social isolation. With the unexpected disruption to their scholarly and individual lives, numerous surrogates may have an exaggerated and uncertain view of what's to come. It may be more challenging for students to seek help and discover coping strategies when they do not have access to personal resources or social support.

As a result, anxiety, depression, and other mental health problems can increase (Shute & Slee, 2016).

Colleges and universities are working to provide students with help and resources during this difficult time in response to these difficulties. Virtual support and resources for students in need have been added to the mental health services and counseling programs offered by many institutions. In addition, associations and clubs facilitated virtual opportunities and exercises to help alternates stay connected and engage with their companions. Regardless of these efforts, the effect of social disengagement on non-graduates during the coronavirus pandemic is evident (Copeland, et al., 2021).



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