



**SERVICE BEFORE SELF**

# **Salwan Public School Gurugram**

**Study Name :**

**EFFECT OF PANDEMIC ON SCHOOL STUDENTS AND THEIR FAMILIES**

**Study Type : ACTION**

**Year : 2022**

## **Findings of the Study:**

The findings are the result of a survey carried out in the school after school reopened in physical mode, getting responses from 1539 parents, (54% of the total number of parents). Not a very significant number of parents face acute financial stress. Most of them could manage their finances to sustain themselves. Parents are of the view that family bonding between the members has improved. Use of internet, TV, Mobiles, etc. gadgets jumped up quite a bit. Due to lockdown and restrictions on moving, children became irritated, developed anxiety, and had adverse effects on their sleeping patterns. A good number of students pursued online courses and enriched their abilities. Few students also participated in community related work. Parents also reported that they could observe changes in the body posture, obesity, vitamin D levels and Eye health of their children. Few parents also felt the need of counseling related to anxiety and stress. A significant number of parents reported that coming to school physically is the best mode of learning. Parents also observed that their children were dependent on them to some extent for studies and majority of the parents felt that all Saturdays should be off. The school conducted sessions for the students on how to make a routine, engage in outdoor activities, improve study skills, help each other and find ways to connect with friends. With the structured environment at School, students slowly and steadily came back to their routines.

## **Implementation and its Impact :**

Improvement is seen in the concentration levels in classes due to intervention given regarding reducing the usage of digital devices and keeping them engaged in physical activities. The students and teachers are now more alert about their physical and mental wellbeing which led to better performance and learning environment in school.

*Rashmi Talwar*

## INTRODUCTION:

The emergence of COVID-19 in December 2019 prompted dismay in many parts of the world. Due to its fast diffusion, the World Health Organization declared a pandemic in March 2020. Since schools were temporarily closed during this world health emergency, students are also vulnerable to major changes in their routine and, as a consequence, to the psychological impact of the pandemic. Factors that may aggravate this situation include insufficient access to technology to attend online classes. Social isolation is associated with higher stress levels in individuals and in turn, could upsurge neuroendocrine and cardiovascular responses, restrain immune function, and interfere with the performance of health behaviours. Like many other schools and universities, our school also switched over to online learning in year 2020, with the uncertainty as to when physically classes will resume. A loss of routine for many students, feelings of loneliness, social distancing and school closures during the COVID-19 pandemic worsened existing mental health problems in students and potentially increased the risk of future mental health issues. We were slowly and gradually moving closer to our normal lives when our country was hit by the devastating waves of the second covid-19 virus followed by the third wave. As the world gets smaller, with access to social media and global news, students became more susceptible to negative emotions.

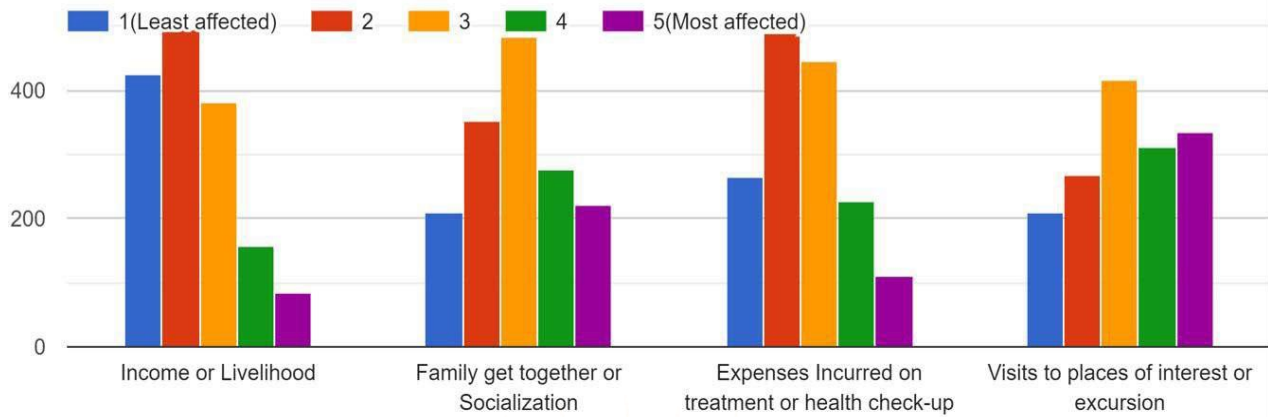
**PROCEDURE:** The counselling department of Salwan Public School conducted a survey on parents to understand the impact of the COVID -19(especially after the third wave) on Health and well-being of students.

## FINDINGS:

- 1. Impact on Livelihood:** As per the response received from the parents, the income or livelihood was affected to some extent for most of the families (32%). A small percentage (5%) of the families have been affected adversely in terms of income and 27 % of the respondents were least affected.
- 2. Socialization:** As regards family socialization, 14% of them were least affected, 31% moderately affected and 14% were most affected.
- 3. Expenses on Medical Treatment.** 16% of families were least affected, 32% of them had to make some medical expenses due to COVID-19 and 7% of the respondents incurred heavy expenses on COVID treatment.
- 4. Visits to Places of Interest/Excursion:** The visits to places or excursions were least affected by 13% respondents, 26% respondents were moderately affected and severely affected by 20% of the respondents.

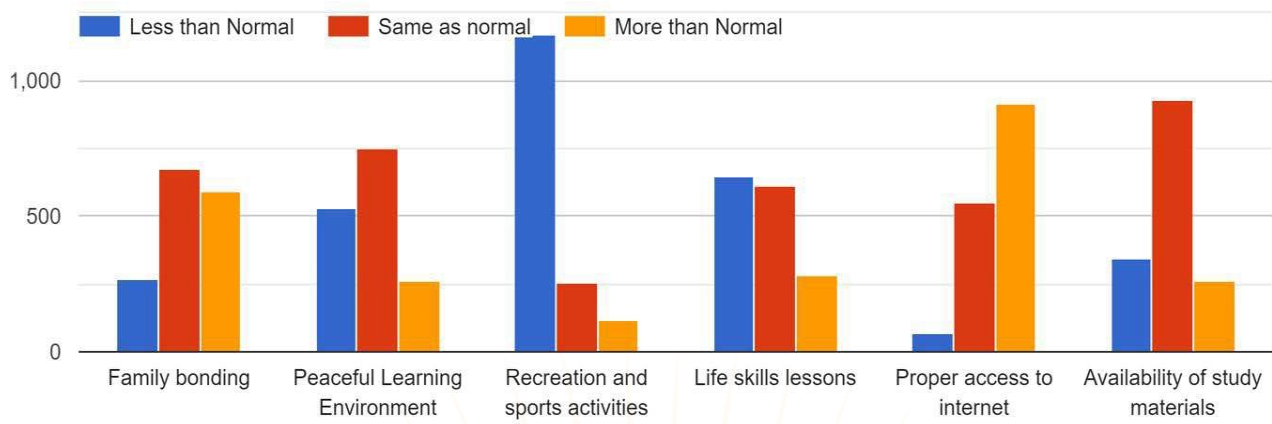
*Rashmi Talwar*

ON A SCALE OF 1 TO 5 SELECT THE EXTENT OF THE DIRECT IMPACT OF THE CURRENT PANDEMIC ON YOUR FAMILY FOR THE FOLLOWING PARAMETERS.



5. **Family Bonding:** 44% respondents felt it is same as normal and 38% respondents felt it has improved
6. **Peaceful Learning Environment:** In 49% of the cases there was no change from the normal conditions, however, 17% of respondents feel that it had improved.
7. **Recreation and Sports Activities:** 76% of the respondents feel that these activities were less than normal.
8. **Life Skills Lessons:** 40% of the respondents are of the view that there was no change in the learning of life skills in their children, however, 18% feel that there has been improvement in life skill lessons.
9. **Access to Internet:** Almost 60% of respondents found good access to the internet during the COVID period whereas 36% respondents feel it was same as normal.
10. **Availability of Study Material:** 60% of the respondents feel that the availability of study materials was the same as it used to be during normal times however 10% felt it has improved.

## TO WHAT EXTENT WERE THE FOLLOWING REQUIREMENTS OF CHILDREN MET DURING COVID ?



### 11. Negative Effects, Risks, or Consequences of COVID:

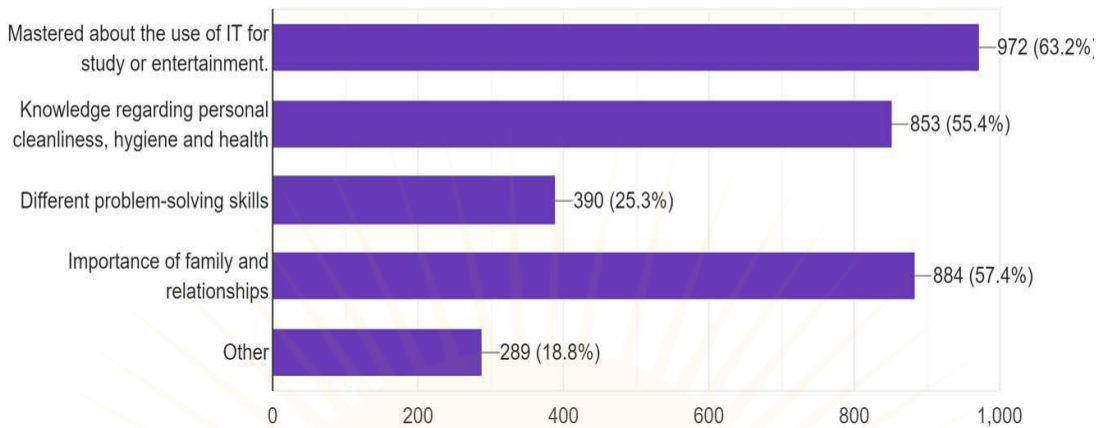
- 54% felt that people were getting irritated without any reason.
- 39% of respondents are of the opinion that they were being confined, feeling lonely, and depressed.
- 29% felt that the children had started disobeying parents and other family members.
- According to 50%, respondents' children had developed disinterest in studies and almost a similar percentage (48%) felt that students were finding it difficult to manage self-study, during the pandemic time.
- 67% are of the view that their wards were deprived of quality education & physical participation.
- 85% of students were excessively engaged in phones, computers, and television, to pass their time.

12. Learning or things Children Gained during Lockdown:

- 63% of the respondents felt that their wards have mastered the use of IT for studies and entertainment.
- 55 % of the respondents agree that their knowledge about personal hygiene and cleanliness has improved.
- 25% of the respondents felt that their wards have developed skills in problem-solving.
- 57% of the respondents felt that their children realized the importance of family and relationships.

ARE THERE ANY LEARNINGS OR THINGS CHILDREN GAINED DURING THE COVID 19 LOCKDOWN?

1,539 responses

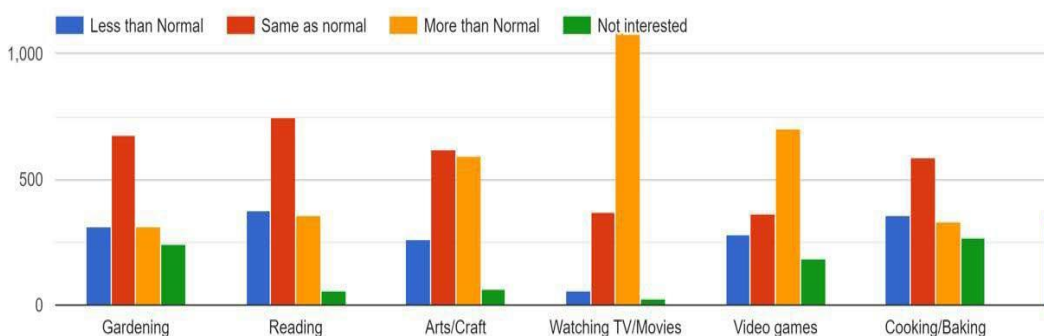


13. Hobbies: 43% parents are of the view that gardening as a hobby is same as normal and 20% of respondents were engaged more than normal.

48% of parents felt that reading as a hobby is same as normal and 23% were of the view that it is more than normal

Majority of the parents felt that the students were engaged more than normal in hobbies such as watching movies (70%) and playing video games (46%)

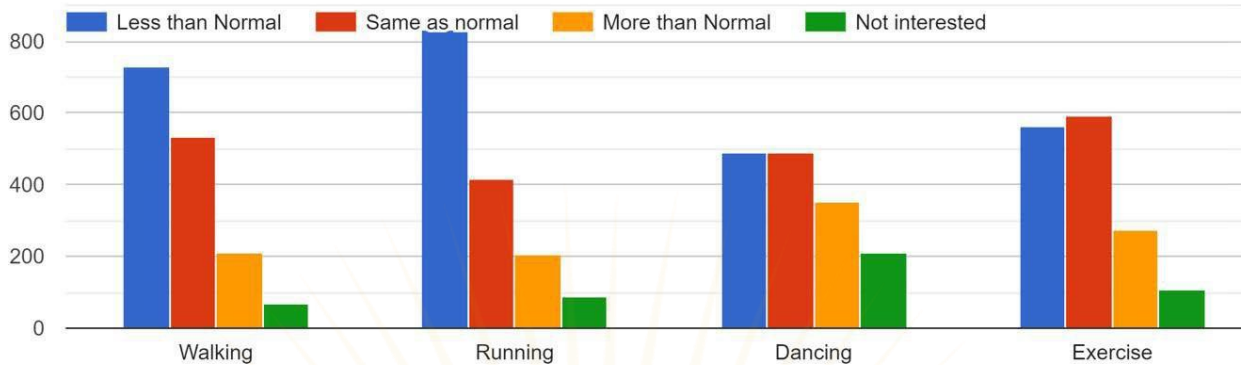
IMPACT ON HOBBIES OF YOUR WARD



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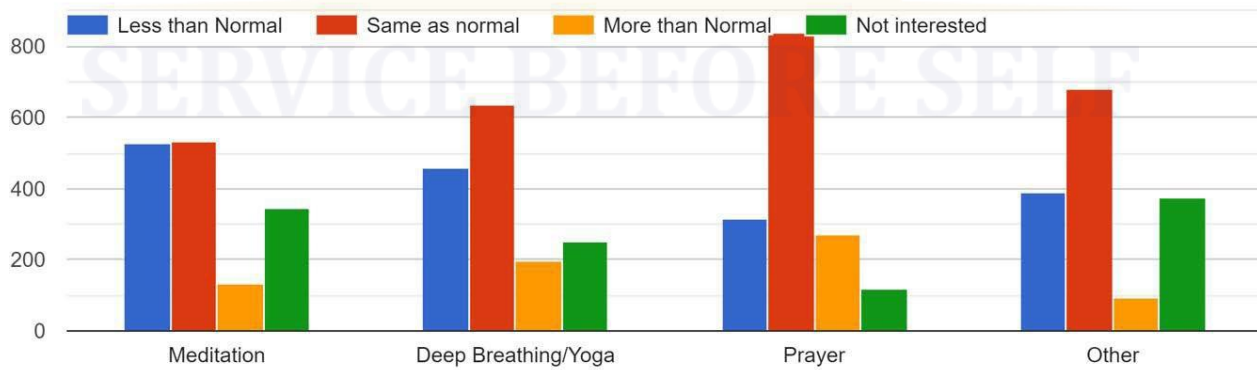
14. Engagement in Physical Activities: Majority of the parents were of the views that walking and running were reduced activities whereas the overall physical activity did not change as the children continued some indoor physical activities

DURING THE PANDEMIC, WHAT WAS THE EXTENT OF YOUR CHILD'S OVERALL ENGAGEMENT IN THE FOLLOWING PHYSICAL ACTIVITIES RELATIVE TO BEFORE THE COVID-19 OUTBREAK?



15. Engagement in Mindful Activities: Most of the parents felt that students were engaged same as normal in the activities like meditation, Deep breathing and prayer.

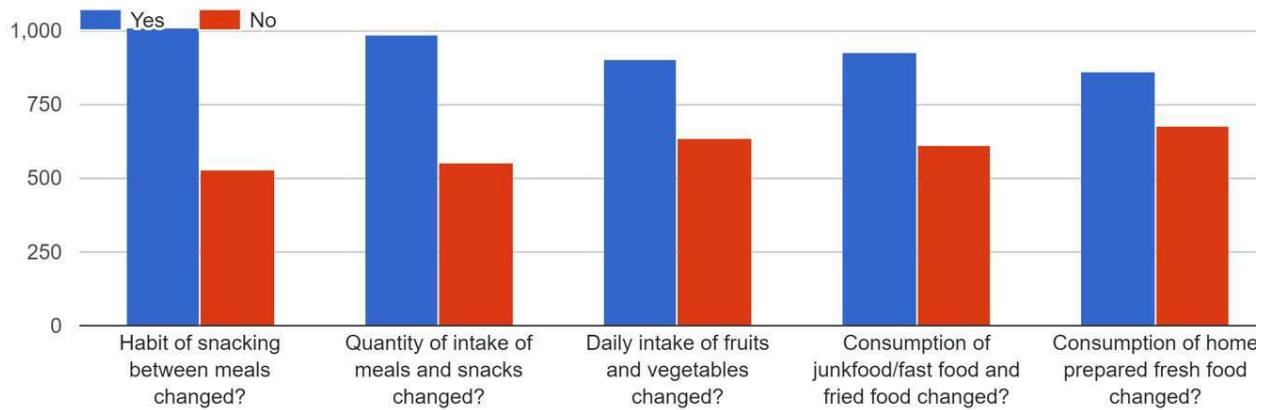
DURING THE PANDEMIC, WHAT WAS THE EXTENT OF YOUR CHILD'S OVERALL ENGAGEMENT IN THESE MINDFULNESS ACTIVITIES AS COMPARED TO THE TIMES BEFORE THE COVID-19 OUTBREAK?



16. Change in Food Habits: Most of the parents were of the opinion that their children's food habits were changed during the pandemic. They were more inclined to have snacks between meals, the quantity of intake increased. However, children preferred all kinds of eatables, including junk food/fast food and items. This is the reason that with limited physical activity and a high intake of all kinds of food items, children have put on weight. Hopefully, the routine of school in physical mode will help the students to maintain a healthy routine and control their weight.

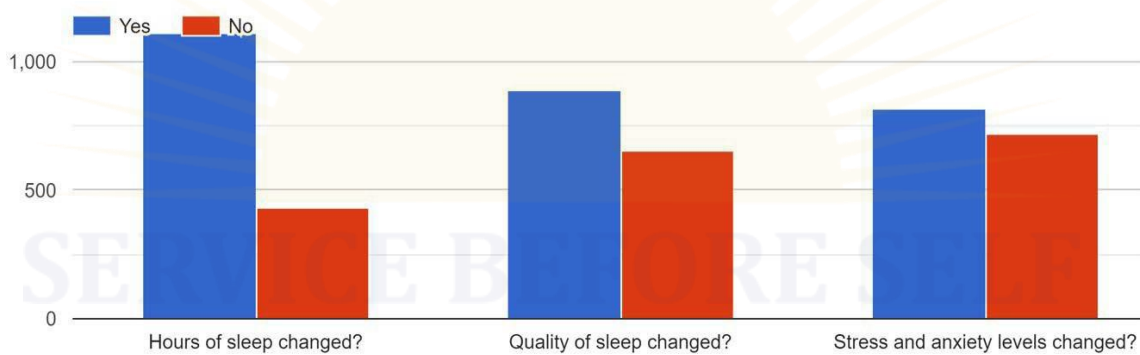
*Rashmi Talwar*

DURING COVID PANDEMIC HAS YOUR CHILD'S



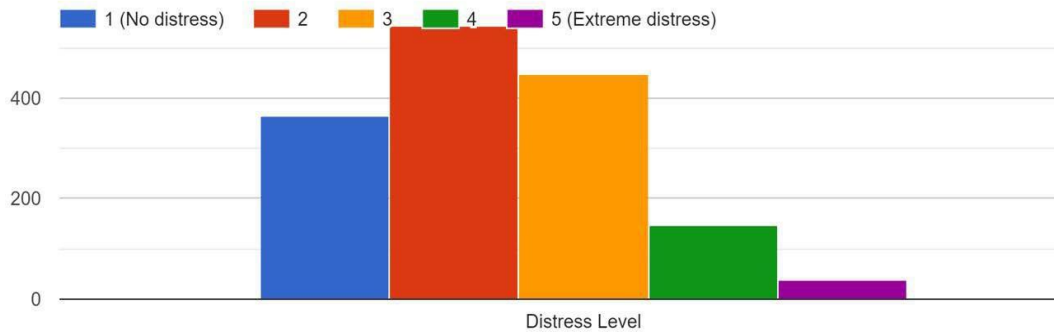
17. Pattern of Sleep: There has been a drastic change in the pattern of sleep of children with more than 72 % of the people feeling that the sleep hours of their wards have changed. Due to anxiety, as reported by 57% of respondents, the quality of sleep has changed. Many students were not getting that sound sleep as one gets during normal period.

DURING COVID PANDEMIC HAS YOUR CHILD'S

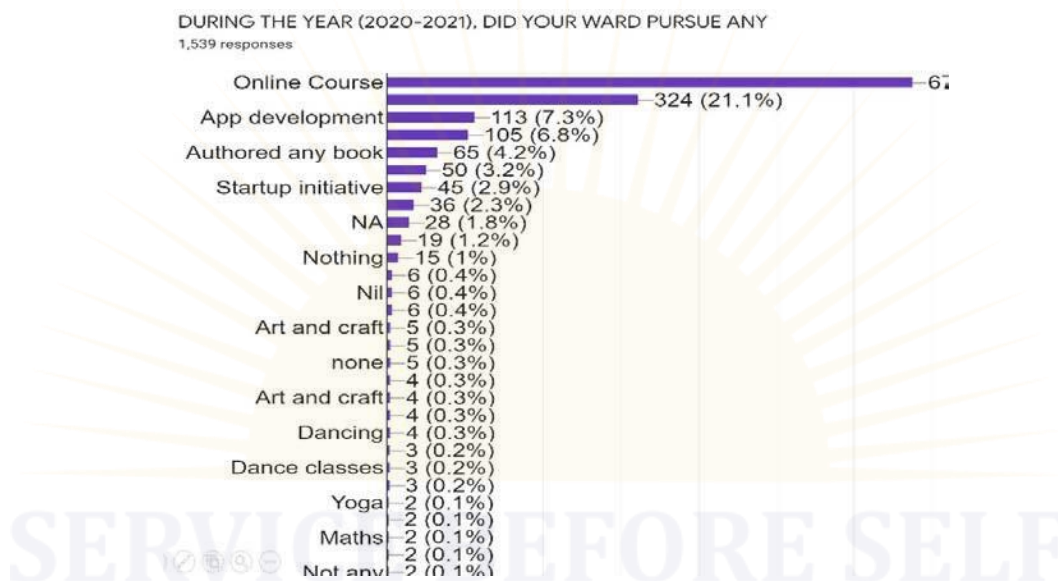


18. Distress Experienced by Children: 29% of the respondents feel that their children were moderately distressed.

IN GENERAL, HOW MUCH DISTRESS HAVE YOUR CHILDREN EXPERIENCED DURING THE COVID-19?



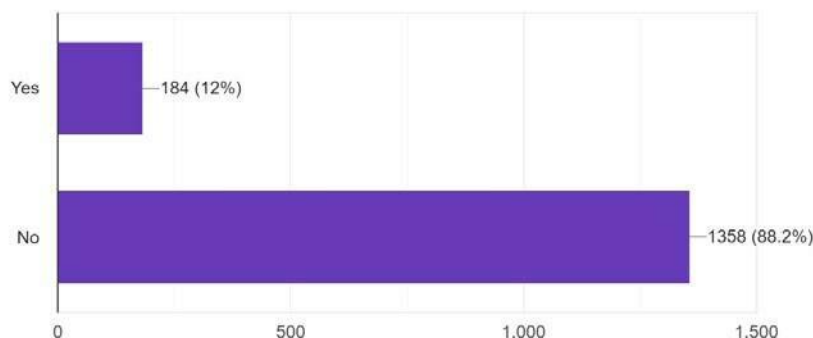
19. Activities/Courses pursued by students: 44% parents reported that their children pursued online courses followed by app development during the COVID times



20. Participation in Community related work: 88% parents reported that their ward did not participate in any community related work however 12% informed that their children participated

DURING THE PANDEMIC, DID YOUR WARD VOLUNTEER FOR ANY ORGANISATION/ PARTICIPATE IN ANY COMMUNITY RELATED WORK

1,539 responses



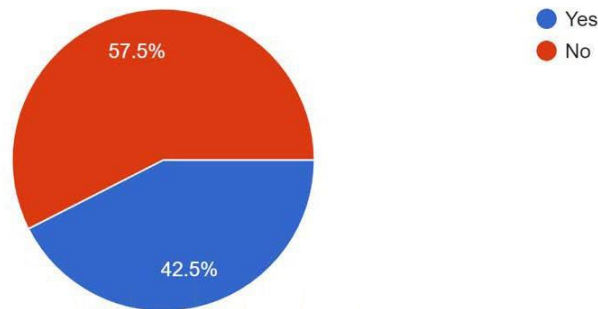
*Rashmi Talwar*



21. Student's Health Status As On Date:

Change in Body Posture: 42% reported that they have observed change in the body posture of their ward and 58% reported that there are no changes

DO YOU SEE ANY CHANGE IN BODY POSTURE OF YOUR WARD ?  
1,539 responses

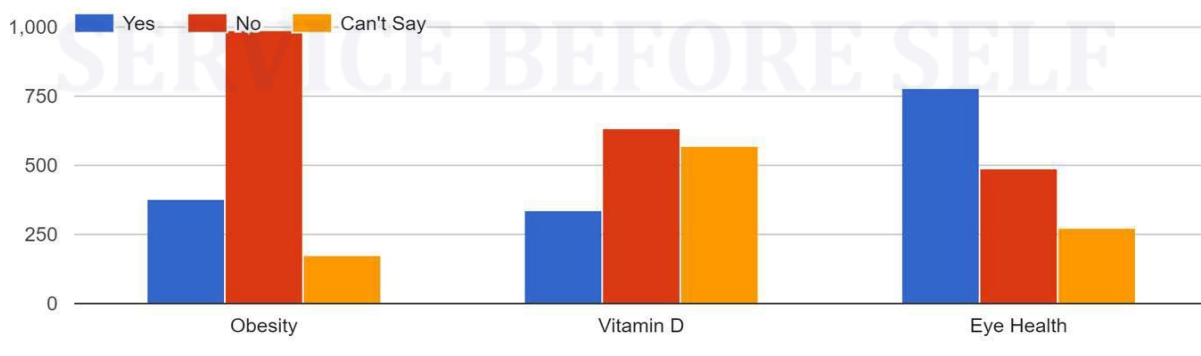


Obesity: 25% reported that their children had become obese during COVID time and 64% reported there are no changes

Vitamin D: 22% reported that there were changes in Vitamin D levels of their children and 41% reported that there was no changes

Eye Health: 51% parents reported that the eye health of their children was affected and 30% said that there was no change

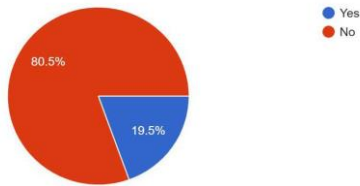
DO YOU FIND ANY CHANGE IN THE FOLLOWING HEALTH PARAMETERS OF YOUR WARD?



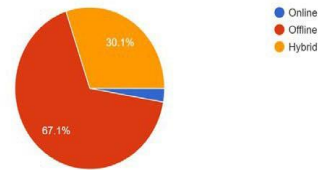
22. Counselling Related to Stress / Anxiety: 20% parents are of the view that their children require counselling related to stress and anxiety and 80% reported No and feel that there was no need.

23. Most Suitable Mode of Learning: 67% of parents reported that offline mode is most suitable followed by hybrid and online.

DO YOU THINK YOUR CHILD NEEDS COUNSELLING RELATED TO STRESS / ANXIETY.  
1,539 responses

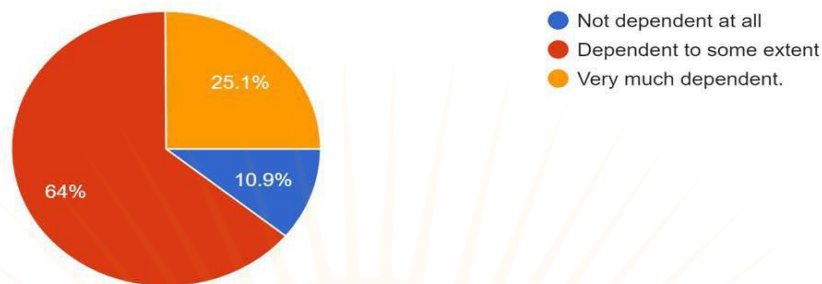


AS THE SCHOOLS HAVE REOPEN, WHICH MODE OF LEARNING IS MOST SUITABLE FOR YOUR WARD.  
1,539 responses



24. Dependent on Parent/ Family Members for Studies: Majority of the parents feel that their children were dependent on them to some extent for studies, 25% were not at all dependent on them and 10% feel that their children were very much dependent on them for studies.

HOW MUCH YOUR WARD IS DEPENDENT ON PARENT/ FAMILY MEMBERS FOR STUDIES.  
1,539 responses



**CONCLUSION:** The above findings are the result of a survey carried out in the school, getting responses from 1539 parents, (54% of the total number of parents). Not a very significant number of parents faced acute financial stress. Most of them could manage their finances to sustain themselves. Parents are of the view that family bonding between the members has improved. Use of internet, TV, Mobiles, etc. gadgets jumped up quite a bit. Due to lockdown and restrictions on moving, children became irritating, developed anxiety, and had adverse effects on their sleeping patterns. A good number of students pursued online courses and enriched their abilities. Few students also participated in community related work. Parents also reported that they could observe changes in the body posture, obesity, vitamin D levels and Eye health of their children. Few parents also felt the need of counselling related to anxiety and stress. A significant number of parents reported that coming to school physically is the best mode of learning. Parents also observed that their children were dependent on them to some extent for studies and majority of the parents felt that all Saturdays should be off.

**IMPACT:** Students are now back to school. The school has conducted sessions for the students on how to make a routine, engage in outdoor activities, study skills, helping others and finding ways to connect with friends. With the structured environment at School, students slowly and steadily are coming back to their routines. There is visible improvement in the concentration levels and they are now more alert about their physical and mental wellbeing leading to better performance and learning.

*Rashmi Talwar*