

The Psychological Impact of the Covid-19 Epidemic On Behavioural Performance Of Kota Coaching Students: An Internet-Based Cross-Sectional Survey

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Abstract:

The main objective of this research paper is to acquire an understanding of psychological behavioural Performance related problems among coaching students, particularly within the course of academic learning and achievement of academic goals. The important psychological problems that Coaching students experience are depression, stress, pressure and anxiety due to pandemic. The major causes of psychological behavioural performance related problems among Coaching students are, experience setbacks within the course of their academic performance, learning disabilities, scarcity of learning materials, unfavourable home environmental conditions and so forth. The psychological problems among coaching students can be solved. Provided, they need to develop interactive abilities and socialize with other individuals, within home as well as in educational institutions. When the Coaching students experience these problems, then it is vital for them to obtain guidance in terms of solutions to their problems. When they obtain guidance, it is vital for them to put into practice the policies and measures in an appropriate manner. The main aspects that have been taken into account in this research paper include causes of behavioural psychological problems, strategies to cope with psychological problems, and recommendations.

Keywords: Academic Learning, Educational Institutions, Psychological Problems, Solutions, Strategies, Coaching students

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I. INTRODUCTION

Kota is a major coaching hub of the country for competitive examination preparations and has a number of engineering and medical coaching institutes. It is popular among the youth of India for its coaching institutes for engineering and medical entrance examinations. After Pandemic or Lockdown Kota's coaching institutes are rolling out online classes and sending out study material in digital formats as the nationwide Covid-19-induced lockdown has impeded offline classes.

But as per interview with coaching students only few students are satisfied with online learning while the most of are waiting for Face to Face or Physical learning. But Pandemic is not only affected learning but also affected many area's most importantly is psychology.

Psychological problems can cause disruptions in both physical and mental health. The major factors of the Coaching students that would contribute in the elimination of impediments arising within the course of achievement of desired goals and objectives are providing effective solutions to various kinds of psychological problems. Causing a reduction in psychological problems and adopting a healthier lifestyle are vital factors in rendering a good academic performance and achieving academic goals.

Psychological problems are an integral part of an individual's life. Individuals usually experience psychological problems in one's work, maintaining relationships, health problems and when they feel overwhelmed due to certain factors, such as, workload, unable to obtain adequate sleep, nutrition and so forth. When psychological problems, experienced by individuals are affecting them to a major extent, then it is vital for them to seek solutions. The various kinds of psychological problems that are experienced by individuals are, depression, stress and anxiety. In educational institutions at all levels, Coaching students do experience psychological problems.



Source: Google Images

Figure 1 Coaching Scholar's who wants to join Physical Classes, they have to cross thermal Scanning and Sanitization including Social Distancing

A Coaching student's life is subjected to various aspects that cause psychological problems. The major ones include, pressure of academics with the obligation of success, and uncertain future and difficulties, envisaged for integration into the system, learning disabilities, difficulties in understanding academic concepts, financial problems, health problems, exam stress, and experiencing discriminatory treatment or any form of violent and criminal acts within educational institutions.

The abilities of the Coaching students vary in terms of coping with psychological problems. The psychological problems of the Coaching students are also influenced by social, physical, emotional and family problems, which have an effect upon their learning abilities and academic performance (Mathew, 2017). Some of the Coaching students find it difficult to cope with psychological problems and experience set-backs. Whereas, some take it as challenges and work diligently. Usually, when Coaching students experience psychological problems and feel that they are becoming impediments within the course of achievement of desired academic goals, then they seek solutions from professional counsellors.

CAUSES OF PSYCHOLOGICAL PROBLEMS

There are number of causes of psychological problems among coaching students and these have been stated as follows:

1. Problems in Understanding Academic Concepts

Acquiring an efficient understanding of the academic concepts is regarded as one of the major objectives of coaching students in achieving academic goals. When they experience problems in acquiring an understanding of academic concepts, they encounter barriers in completion of assignments, projects, achieve low grades in tests and exams and experience setbacks in enhancing their academic performance.

2. Exam Stress

Exams are an integral part of the achievement of academic goals and Coaching students are required to take exams, usually twice or thrice in an academic year. Coaching students do not experience psychological problems concerning their exams, when they are prepared well. On the other hand, when they take counselling and guidance from counsellors and psychologists, they are normally made aware in terms of learning strategies that would be helpful to them.

3. Undesirable Academic Outcomes

In the pursuance of education, the major responsibilities of the Coaching students are to attend classes regularly, complete their assignments and projects on time and prepare themselves well, before taking exams, as well as before attending class lectures. It has been observed that in some cases, Coaching students achieve undesirable academic outcomes, in spite of putting hard work and concentration.

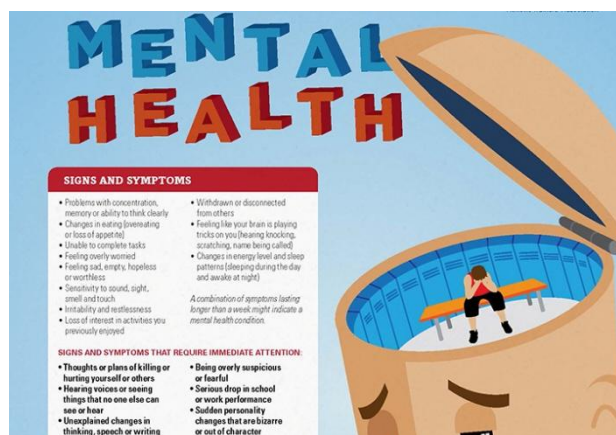
4. Financial Problems

Finances are regarded as indispensable within the course of achievement of one's personal and professional goals and in the sustenance of the overall living conditions. Within the course of pursuance of education, the individuals need to spend financial resources on number of aspects. These include, books, stationary items, bags, transportation, other learning materials, technologies and so forth. When Coaching students are to get

enrolled in higher educational institutions, they are required to obtain reading materials and even attend coaching centres to prepare for entrance examinations.

5. Health Problems

Coaching students at all levels of education experience health problems. In some cases, health problems are major, whereas, in other cases, they are minor. In the case of minor health problems, coaching students may take leave from educational institutions and return, after they have recuperated. In the case of major health problems too, they take leave, but the leave may be longer.



Source: Kota Collage English Newspaper
Figure 2 Mental Health

6. Work Pressure

Coaching students in schools as well as in higher educational institutions are engaged in number of other tasks as well, apart from pursuance of academic goals. Normally in schools, coaching students get engaged in extra-curricular activities and also are required to pay attention towards their studies.

7. Deprived Working Conditions

In order to achieve the academic goals, it is essential for coaching students to work in favourable environmental conditions within educational institutions and home. These include proper furniture, electricity, and lighting, heating and cooling equipment in accordance to the weather conditions, clean drinking water, restrooms, and technologies, learning materials, infrastructure and pleasant and amiable environmental conditions.

8. Strenuous Relationships

It is essential for all individuals to maintain good terms and relationships with others, within as well as outside the home. Within educational institutions, particularly when one has to achieve the desired goals and objectives and carry out one's job duties in a well-organized manner, it becomes indispensable to maintain good terms and relationships with others.

9. Discriminatory Treatment

In coaching institutions, particularly in rural communities, girls have experienced discriminatory treatment. Boys were regarded as more capable and more rights and opportunities were provided to them. In schools, when there was organization of any competition or event, then boys were encouraged to participate and girls experienced setbacks.

10. Violent and Criminal Acts

In educational institutions, the occurrence of violent and criminal acts cause psychological problems among not only Coaching students, but also their family members. Research has indicated that educators, staff members and fellow Coaching students are the ones, who get involved in violent and criminal acts. The various forms of violent and criminal acts that Coaching students experience are verbal abuse, physical abuse, sexual harassment, rape, acid attacks and even murder.

WAYS TO OVERCOME WORRIES, FEAR AND NEW SITUATION OF COVID-19 PANDEMIC

The given understanding social isolation have best results in fighting the coronal pandemic, but they also bring changes in routines for all human being. Now this virus is coming back for last couple of weeks. It is natural to feel scared, afraid, or worried, that is a normal reaction to the state of crisis and uncertainty. So here are several suggestions that can help you to organize and overcome the challenges of this situation of Corona Virus.

Start with you

Self – care never been more important, when everyone around your is anxious and on edge, the best way to stay healthy and help those in need around you is by taking care of yourself.

Be disciplined with your daily activities

Plan the activities for the entire week; this will give you and your children a sense of security. Take care of yourself, eat regularly, exercise daily, sleep enough at fixed time and reduce all other sources of stress. Do things that give you back the control of your own life? Spare time to your any favourite activity that can improve your mood.

Understand your children

In times of crisis and stress, it is common for children to seek more contact and to be more demanding towards their parents. Talk to you children about Corona in an honest, age – appropriate way. Children, can also feel relieved when they express and share their fears and concerns with others. And children observe the behaviour of adults and their emotions so that they themselves know how to manage their own feelings. Help them find positive ways to do it. Coaching Institutes is still closed till uncertain period. Children are spending more time at home (studying online), and your may feel the additional pressure and responsibility to organize the daily activities with your children. Set clear expectations from your children about their study time and when can help them and when you are unavailable for them.

Avoid too much information about Corona-

Spare yourself the negative information and excessive watching of the news, beware of misinformation, get your information only from reliable websites and information sources that provide provision information and advice. Stay informed, but don't read about the pandemic all day every day. Pick a few trusted sources of information and decide when you are going to tune in and check them. Then stick with that schedule. Constant new consumption, says Stern, is more likely to fuel your anxiety than to be helpful.



Source: Kota Collage English Newspaper
Figure 3 Unlearning and learning with Covid19

Reconnect With Best Friends

Sometimes talking to a trusted person, a friend or family members, is a good and easy way to feel better. You can keep a diary. When we share what's bothering us with someone, it is more likely we will feel relieved and better understand the situation we are in and the feeling that come with it. If Required Approach To Professionals- Do not hesitate to seek the help of a Professionals if you do not manage to cope with fear and anxiety on your own.

Don't Judge Your Anxieties

Go easy on yourself and others. This is an unusual situation, so don't beat yourself up for feeling anxious or upset. Acknowledge your feelings and think about how to deal with then one step at a time. Similarly, don't judge others for their anxieties or reactions. People are going to miss out on sports tournaments, graduations, wedding and even funerals, along with countless other celebrations, over the next few months. There are going to be disappointments. Those feelings are real, and they matter – even if other losses are happening that you might view as more serious. It's important for all of us to keep the bigger picture in perspective but we still need to give ourselves (and those around us) permission to feel the feeling we have. Stern says.

Have Fun Even In Serious Situation –

It's serious situation but taking time to do the things that make your smile and laugh can make daily life more enjoy – able. Find the small joys more time with like getting to spend more time with loved ones, cooking or watching funny movies. We need those warm, caring moments right now.

Gratitude Should Be Your Attitude –

Spend some time thinking about the things that make you feel grateful. Then express your gratitude to others. Tell your friends and family how much you appreciate them. When they reciprocate, says Stern, accept their messages of appreciation and gratitude. Sharing these feeling can make us feel cared for – and make us feel good.

Step Controlling Everything Of Your Daily Life-

Focus on the aspects of your daily routine that you can still follow – or create a new routine that suits your current situation. Your positive attitude gives you the power and control of the uncertain situation. Stay calm and focused so that you can adequately take care of your children.

POSITIVE IMPACT OF COVID-19 ON EDUCATION

The pandemic Covid-19 has spread over whole world and compelled the human society to maintain social distancing .the lockdown has compelled many educational institutions to cancel their classes, examinations, internships etc, and to choose the online modes. Initially, the educators and the students were quite confused and didn't understand how to cope up with the situations of this sudden crisis that compelled closure of the educational activities. But latter on all realized that the lockdown has taught so many lessons to manage with the emergence of such pandemic. The lockdown has given them a ray of hope for teachers and students to continue their educational activities through online.

Though the outbreak of COVID – 19 has created many negative impacted too on education, institutions of India have accepted the challenges and trying their best to provide seamless support services to the students during the pandemic. Indian education system got the opportunity for transformation from traditional systems to a new era. The teachers assigned work to students via internet, delivered lectures through video conferencing using different Apps like Zoom, Google meet, Face book, YouTube, and Skype etc. Thus the following points may be considered as the positive impacts:

Move towards Blended Learning

COVID – 19 has accelerated adoption of digital technologies to deliver education. Educational institutions move towards blended mode of learning. It encouraged all teachers and students to become more technology savvy. New ways of delivery and assessments of learning opened immense opportunities for a major transformation in the area of curriculum development and pedagogy. It also gives access to large pools of learners at a time.

Rise In Use of Learning Management Systems:

Use of learning management systems by educational systems became a great demand. I opened a great opportunity for the companies those have been developing and strengthening learning management systems for use educational institution.

Enhance the use of soft copy of learning material: In lockdown situation students were not able to collect the hard copies of study materials and hence most of the students used of soft copies materials for reference.

Improvement in collaborative work: There is a new opportunity where collaborative teaching and learning can take on new forms. Collaborations can also happen among faculty/ teachers across the world to benefit from each other.

Rise in online meetings: the pandemic has created a massive rise in teleconferencing virtual meetings, webinars and e- conferencing opportunities.

Enhanced digital literacy: the pandemic situation induced people to learn and use digital technology and resulted in increasing the digital literacy.

Better time management: Students are able to manage their time more efficiently in online education during pandemics.

Demand for open and distance learning (ODL): During the pandemic situations most of the students preferred ODL mode as it encourages self – learning providing opportunities to learn from diverse resources and customized learning as per their needs.

STRATEGIES TO COPE WITH PSYCHOLOGICAL PROBLEMS

The strategies to cope with psychological problems put emphasis upon the range of emotional regulation strategies, thought processes and behaviours. This means that coping with psychological problems are founded in the responses of the individuals. The individuals are different from each other in their natures, attitudes and behavioural traits. When they experience psychological problems of stress, depression, or anxiety, then they cope with them in accordance to their natures and personality traits. Some individuals are able to handle them with confidence and possess the viewpoint that improvements in processes and functioning will help in overcoming the challenges. Within educational institutions, there should not be any kind of discriminatory treatment on the basis of factors, such as, caste, creed, race, religion, ethnicity, gender, age and socio-economic background. Equal rights and opportunities should be provided to all individuals. Furthermore, the individuals should inculcate the traits of morality and ethics and treat each other with respect and courtesy. Within educational institutions, the overall environmental conditions should be pleasant and sociable. Within classrooms, there should be provision of proper furniture, equipment, teaching-learning materials, and the overall environmental conditions should be facilitating to the Coaching students. Within homes too, it is the responsibility of the parents to make provision of all the facilities and create amiable and pleasant environmental conditions that would enable the Coaching students to achieve the desired academic outcomes. Within homes, the Coaching students should have access to technologies and learning materials. In the present existence, there have been advancements in technologies to such a major extent that Coaching students are making use of learning apps and online tutoring to acquire understanding of academic concepts and achieving academic goals.

II. RECOMMENDATIONS AND SUGGESTIONS

Some of the recommendations that would be assisting in providing solutions to behavioural psychological problems that are experienced by coaching students have been stated as follows:

Within the course of pursuance of academic goals, the Coaching students experience number of problems and challenges, as academic learning is not easy. When they experience problems and challenges, they need to ensure that solutions should be provided to them on an immediate basis. Solutions can be provided to academic problems, by conducting research, i.e. making use of technologies and other learning materials and by discussing one's problems with other individuals. These are educators, fellow Coaching students, parents, friends, private tutors and so forth. When Coaching students are able to seek solutions to their academic problems, they are less likely to feel stressed and anxious.

Within home, the parents need to provide assistance and support to their children in achieving their academic goals. Research has indicated that particularly in some rural households, parents encourage boys to get enrolled in educational institutions and pursue educational qualifications. They possess the viewpoint that boys are the assets and would render an effective contribution towards promoting well-being of their families. Whereas, girls are treated as liabilities and discouraged from acquisition of education. They are trained in terms of management of household responsibilities, as they need to eventually get married. It is vital for the individuals to bring about changes in this viewpoint and encourage their girls towards acquisition of education. Girls and women should be regarded as assets and equal rights and opportunities should be provided to them. When parents make provision of equal rights and opportunities to girls and encourage them towards acquisition of education, then they are able to alleviate psychological problems.

The individuals within home as well as in educational institutions need to put into operation effective conflict resolution methods. The occurrence of conflicts and disagreements tend to hamper terms and relationships between individuals and bring an end to communication terms. When Coaching students get

engaged in conflicting situations with fellow Coaching students or with educators or family members, they experience unfavourable consequences. As these are the individuals, who play an important part in helping them to accomplish the desired academic outcomes. Therefore, to alleviate psychological problems, it is vital to form effective terms and relationships with other individuals and implement peaceful conflict resolution methods.

It is vital for the Coaching students to get engaged in creative and extra-curricular activities. The participation of coaching students in extra-curricular activities helps in stimulating their mind-sets and they are able to develop motivation towards learning. The various types of extra-curricular activities that Coaching students would get engaged in include, sports, physical activities, artworks, handicrafts, singing, music, dancing, and so forth. The participation of coaching students in these activities is based upon their interests. When they develop keen interest in these activities, they even join coaching centres and hone their skills. Therefore, it can be stated that participation in extra-curricular activities enables them to cope with psychological problems.

Socializing is one of the aspects that needs to be augmented. The Coaching students need to realize that beyond their home also there is a world, with which they need to interact with. The Coaching students in some cases, possess an introvert nature. They attend educational institutions to achieve academic goals and do not express willingness in socializing with others. Lack of socialization imposes unfavourable effects upon Coaching students and they develop psychological problems. It causes loneliness and as a result individuals feel depressed and stressed. Therefore, it is recommended that within educational institutions, it is vital for the Coaching students to socialize and form a circle of friends.

The Coaching students need to generate adequate awareness in terms of management of financial resources. Even when they belong to wealthy families, they should not spend their parent's money on unnecessary things, especially the ones, which they do not require, such as, eatables, playthings, clothing and so forth. On the other hand, Coaching students, belonging to marginalized and socio-economically backward sections of the society should adopt means to manage their financial resources on their own and should not put any pressure upon their parents. Hence, when the Coaching students will manage their financial resources in an efficient manner, they will be able to alleviate psychological problems.

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Practical remedies to fight decision fatigue

What is decision fatigue?
Imagine that when you first wake up in the morning, you get 100 "decision points." Every choice you make draws down on the total cache of points. Small choices, such as what to have for breakfast, take a few points. Bigger things, like writing an email to a client or making decisions about your child's education, take more from your daily decision point total. Each point requires energy. So each decision we make decreases our overall energy. The more points we use, the more energy we use. The brain is a muscle, and

like all muscles, it works less efficiently when it's exhausted. Stress and intense emotions serve as multipliers, draining mental energy faster. This is why so many people are feeling exhausted in these COVID times — there are more decisions to make on a daily basis that may be wrought with emotion.

Practical remedies to fight decision fatigue
While we can't walk away from the pandemic or making decisions, there are some coping strategies we can use to recharge and fight decision fatigue.

Rest
Taking breaks works like magic and increases brain power and helps using logic and willpower. Sleep is a powerful way to restore blood flow to the brain. Even a five-minute catnap can bring spectacular results.

Establish routines
Reportedly, Steve Jobs created the so-called "developer uniform," which was his daily black turtleneck, to stave off decision fatigue. While you don't have to commit to turtleneck shirts, ask yourself: What parts of your life can stand a decision audit? That is, how and where can you cut down on daily decisions?

Batch work
There have been numerous studies showing that switching between varying tasks, or multi-tasking, burns mental energy because the brain needs time to "reset." By batching similar tasks to set times, you can cut down on this effect. For example, set aside an hour to read and respond to emails. Don't do anything else until this is done.

Eat a healthy snack
The brain uses glucose as fuel. Glucose is the energy the body converts from eating food. When you eat an apple, a portion of those "decision points" gets restored by replenishing glucose. Avoid sugary snacks, though.

Keep your decision-making skills sharp
While you can't whittle your daily decisions down to zero, you can create plans and use specific tools to keep from exhausting yourself. (Writer is an MBA Marketing and Finance, IRDAI, Analyst Financial Markets since 2006)

Source: Kota Collage English Newspaper

Figure 4 Practical remedies to fight decision fatigue

Inculcating the traits of morality and ethics are vital for not only Coaching students, but for all individuals. When the individuals implement the traits of morality and ethics, they are able to form effective terms and relationships with others, achieve desired goals and objectives in a well-organized manner and are able to augment their livelihoods opportunities. The individuals should be honest and truthful. When Coaching students are to interact with their educators, it is vital for them to speak the truth and depict righteousness. Therefore, inculcating the traits of morality and ethics would render a significant contribution in providing solutions to psychological problems.

These problems and challenges cause psychological problems, which can be solved by seeking counselling and guidance from experts. The counsellors would generate awareness among Coaching students in terms of strategies and methods that would be effectual in the achievement of academic goals. The Coaching students need to be aware in terms of effectual learning methods and their future career prospects. Particularly in higher educational institutions, they should generate information in terms of various employment opportunities that they would acquire upon completion of their education. Through social support, Coaching students are able to alleviate the pressure of the academic workload. With the support available from family members, and friends, they are able to alleviate the psychological problems of depression, stress and anxiety (Dzulkipli, &

Yasin, 2009). When Coaching students experience anxiety, they are able to show lower academic achievement, self-concept and self-anxiety (Dobson, 2012). Hence, they need to ensure that they obtain social support, so they are able to alleviate psychological problems, achieve their academic goals in an effective manner and enrich their overall quality of lives.

III. CONCLUSION

No doubt Coaching Students are badly affected with lockdown emotionally and mentally with Psychological Problems. The various causes of occurrence of psychological problems among Coaching students are problems in understanding academic concepts, exam stress, undesirable academic outcomes, financial problems, health problems, work pressure, deprived working conditions, strenuous relationships, discriminatory treatment and violent and criminal acts. When the Coaching students experience these situations and they have a negative effect upon their psychological well-being, then it is vital for them to ensure that these problems do not impose impediments within the course of their attainment of desired goals and objectives.



Source: Kota Collage English Newspaper

Figure 5 Start Accepting Things! For change

The Coaching students either implement solutions to these problems on their own or they obtain support and assistance from other individuals. These include, family members, educators, professional counsellors, psychologists or community members. When they are obtaining support and assistance, it is vital for them to implement the strategies and methods in an appropriate manner. As number of psychological problems take place, when coaching students are unable to achieve the desired academic performance. Therefore, it is essential for them to be regular in their studies, complete their assignments and projects on time and communicate effectively with other individuals to provide solutions to academic problems. Therefore, when the Coaching students will generate awareness in terms of various coping strategies, in accordance to their problems, they will be able to effectively alleviate psychological problems and achieve personal and professional goals in an appropriate manner.

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