



The Role of Meditation on Mental Health of the Students During Covid-19

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ABSTRACT:

Academic achievement is most often hampered by mental health difficulties. Mental illness can have an impact on students' motivation, attentiveness, and social connections, all of which are important variables in their academic success. The COVID-19 pandemic has raised attention to the mental health of those who have been impacted. Epidemics are known to amplify or create new stressors, such as anxiety and worry for one or loved ones, restrictions on physical movement and social activities due to quarantine, and abrupt and extreme lifestyle changes. Infection worries, frustration, boredom, insufficient resources, insufficient information, financial loss, and stigma were all recognised stresses in a recent assessment of virus outbreaks and pandemics. Meditation has a number of mental health advantages, including greater attention and concentration, increased self-awareness and self-esteem, reduced stress and anxiety, and the development of kindness.

Keywords: - Stress, Anxiety, Academic Performance, *Veerachinghe*, *Yoga*

INTRODUCTION

Since March 25, 2020, due to Covid-19 nearly 80% of the world's student population has been affected by the closure of their schools, colleges, universities, and other educational institutions in several countries. The majority of board examinations have been postponed since then. As a result, the greatest obstacle for students is the uncertainty regarding their future in terms of promotion to the next class/course and academic future. Although many schools, universities, and institutions have begun to implement e-learning, big concerns remain for kids who do not have access to laptops or internet at home. Aside from that, several courses cannot be taught online, such as labs, fine arts, clerkships, dance, painting, and music¹. Because India is predominantly a rural country, there are challenges with

internet availability and accessibility. Furthermore, the quick growth in infected cases around the world has caused a sense of unease about the future, as well as anxiety about the eventual consequence. Stress, anxiety, emotional breakdown, and internet addiction have all increased significantly among high school, college, and university students. These can have negative consequences for pupils' learning and mental health. Students have also been observed spending excessive amounts of time on social media and other devices².

MATERIALS AND METHODS

The literary material related to *meditation*, *Covid-19* and *mental health* has been collected from different textbooks



and modern medical books, critically reviewed and correlated with modern terms.

Literary review

Problems with academic achievement

Academic performance refers to how well a student, instructor, or institution has met short and long-term educational objectives. Exams and assessments are routinely used to assess academic achievement³.

Factors affecting academic performance

(i) Personal factor: Sensation and perception, exhaustion and boredom, age and maturation, emotional state, needs, interests, motivation, attention, intelligence, aptitude, and attitude are examples of personal aspects⁴.

(ii) Psychosocial factors - These are influences on an individual's thinking and behaviour that come from their cultural environment, community, family, organisation, society, media, technology, religion, ideology, language, and communication⁵.

(iii) Environmental Factors-A student's primary and most significant environment is his or her family. The importance of family in a student's academic performance cannot be overstated. Academic success is determined by the family's cultural resources and surroundings. Parents' involvement in education, as well as their learning behaviours and successes, have an impact on academic performance. A family's socio-demography can have an impact on academic performance. Changes in family circumstances, disagreements, stress levels, any family member's substance misuse, and a lack of trust can all have an impact on academic success⁶.

(iv) Teaching and school environment:

play a significant influence in influencing student conduct. In natural settings; the way they manage and instruct has an impact on academic success⁷.

Covid-19 and Mental Health

Corona virus Pandemic has spoiled the entire routine of millions of students around the world. According to a recent report, Covid-19 Pandemic is putting a bad effect on the mental health of the students. Due to Covid-19 released for months, students had to be imprisoned only in their homes. Student's time is going to be thinking about the protection of this Corona virus (prevention of corona virus), due to which stress, anxiety and hassle to be two to four is falling. Identify signs and symptoms that suggest

poor mental health, such as sleep disturbances, excessive anger, and difficulty concentrating. If it is seen by adding increasing anxiety and isolation together, there is no wonder that the condition of mental health has been bad. In this situation, students are also obliged to take action like suicide^{8,9}. According to Veerachinghe, the lack of health care in many communities has increased to the lack of mental health care¹⁰.

Adolescents are experiencing acute and chronic stress due to parental anxiety, disruption of daily routines, increased family violence, and residential confinement with little or no access to peers, teachers, or physical activity. School closure and residential confinement also can have a beneficial effect on adolescent psychological state, by allowing a more cohesive family lifestyle. However, during a socioeconomically disadvantaged country, the varsity environment could be more enriching than the home—nutritionally, emotionally, and developmentally. In India, school closures have wreaked havoc on adolescent lives, with many adolescents entering the workforce as a result, possibly never to return to school¹¹.

Meditation

Some people confuse meditation with *yoga*, but there is a significant distinction between the two. *Yoga* is a physical workout, whereas meditation is a mental workout. The meaning of meditation is to meditate with concentration, whose purpose is to provide spiritual peace to man. Meditation is a type of action in which a person tries to bring his mind to a particular state of consciousness. It can range from bringing serenity to our minds to generating inner energy or life-force that gives happiness and joy into our lives. With its help, any person can achieve his goal by focusing his attention on his purpose. Meditation is not a new discipline; people have been utilising it to promote tranquilly and concentration since time immemorial^{12,13}.

In *Bhagvatgita* Srikrishna said when your mind that has become bewildered by hearing will become unshakable and steadfast in the Self, and then you will attain *yoga* that arises from discrimination. Those seeking the *yoga* state should live in isolation, always engaged in meditation with a regulated mind and body, free of cravings and possessions for satisfaction. A man of steady insight is one who entirely renounces all wants that have entered the mind and remains satisfied in the Self alone by the Self (*Sthitaprajna*). to reduce all activities of mind and body, to be fully controlled to all desires, and it is indispensable for

the person who becomes moral as well as he does regular practice the meditation on the atomic point because it even destroys the all semi-conscious forces and impulses of the mind, but must continue the practice of *yoga*^{14,15}.

Types of meditation

Various types of meditation are also done to deal with all types of mental states. But the purpose of doing all types of meditation is to get satisfaction, mental peace, concentration and happiness. Although there are many different styles of meditation, we will discuss some of the most common ones here:

Sahaja Yoga Meditation - *Sahaja Yoga* Meditation means 'Saha' means with you and 'Ja' means born. *Yoga* means union or union, so the way in which man can have a relationship (*yoga*) with God is called *Sahaja Yoga*. This type of meditation is done to create self-awareness. After doing this, the *Kundli* gets awakened and by this man feels himself connected with God¹⁶.

Vipassana Meditation- Through this type of meditation, a person moves himself from negativity to positivity. This is the most important meditation technique. This gives you a greater sense of fulfillment in your life. Mental development is accelerated as a result of this. This procedure makes use of the breath. *Vipassana* Meditation is very good for persons who are always perplexed or who have no one to guide them¹⁷.

Tratak Meditation- It is also known as focused meditation, attempts to bring concentration using any one of the five senses. The focus of this technique is on the lamp's, candle's, or lamp's focus point. There is a distinct visual effect as a result of doing so. In this meditation the ability to concentrate increases¹⁸.

Third Eye Meditation - this meditation is done to awaken the third eye. Each of us, like Lord *Shiva*, possesses a third eye that is not visible. Man's third eye works when his mind is calm and his mind is stable. This happens only when he is in a meditative state. A person's third eye is the source of their energy power. The main purpose of doing this meditation is to infuse enough energy in the body while awakening that third eye¹⁹.

DISCUSSION

To prevent Corona virus infection, uncertainty of lockdown around the world has imposed a bad effect on the mental health of a large number of students. Large number

of students all over the world is suffering with mental illness due to closing of schools, online classes, home isolation and physical distancing, and uncertainty in examinations. Many students have trouble with stress and fear. It is very important to control it as it can affect on body and mental health after covid-19 also. That is why, health experts recommend several measures to control stress in such a situation. One of which is meditation. Meditation is a great technique to relieve stress and keep the mind calm. This, at present, can help people to stay mentally fit in the atmosphere of fear of corona virus spreading all over the world. Actually, meditation proves to be very helpful in calming the mind. If you keep your mind peaceful and pleasant, all of your issues will start to solve themselves. This is the reason that today the whole world is trying to keep the body healthy through yoga and its mind through meditation. Meditation gives the following benefits in mentally disturbed students during covid-19^{20,21}.

1. Remove Stress – so many studies also believe that by meditating daily, mental health is good. It relieves mental stress, anxiety, fear and inferiority complex. Meditation revitalizes our body and mind by lowering stress and resolving issues such as hormonal imbalance.

2. Feeling Happy - By doing meditation, the habit of anger gradually comes under control, due to which our mind is always happy while remaining stress free. By doing meditation daily, you can maintain control over almost every emotion you have. This creates a good and positive atmosphere around you.

3. Flawless and glowing skin- Meditation regulates the cells and senses of your body, relaxes the muscles and makes our body active by producing new skin cells. It relieves stress and reduces the appearance of wrinkles on the face. This results in skin that is radiant and free of blemishes.

4. Blood pressure remains in control – The biggest health benefit of meditation is that by doing it the pressure on the heart is reduced, which improves our physical health. You can use meditation as a tonic for the problem of blood pressure.

5. In Mental Health- In today's hectic life, every other person is mentally disturbed. Our mind, far from being concentrated, is not able to remain satisfied. There is

always turmoil in the mind. There is no better approach to relax the mind than meditation in such a situation. The health advantages of meditation are numerous; it aids in the reduction of stress and the relaxation of the mind.

6. Helps in Enhancing Memory – If our brain does not get some essential nutrients, then it starts to weaken, due to which our memory also becomes weak. Meditation is a cure for preventing this condition. The benefits of meditation are many for the body, by meditating on it regularly, along with your brain, there is a circulation of blood in the body as well, due to which the mind remains healthy and it also increases your memory.

7. Increase in Concentration – It has been found in not one but many researches that meditation increases concentration. By this action, you can easily complete any monotonous task in an interesting way in a given time. Meditation strengthens the willpower and increases self-confidence. Through this you can control your bad feelings, habits and cravings and give them up.

CONCLUSION

Since March 2020, the Covid-19 pandemic has forced schools, universities, and educational institutions to close. A school closure can wreak havoc on children's everyday lives and produce a variety of mental health concerns, even if they are not clearly traceable, at an age when the key gratifying aspect is interaction with peers and enjoying school-life. Meditation is an excellent method for reducing stress and calming the mind. This, at the moment, can assist students in remaining psychologically fit in the midst of the corona virus's anxiety.

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