

# Impact of Stress on Mental Health in Childhood: During Covid-19

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**Abstract**— The Corona crisis in India has left millions of people isolated and unemployed. Doctors are warning that cases of anxiety, depression and suicide may increase and mental health in the country may take the form of new crisis. Saumitra Pathare, director of the Center for Mental Health, Law and Policy, says, “I suspect we will now see the effects on mental health. This crisis is now affecting people.” Talking to DW, he said, “We all have a limit to face the situation and if there is too much stress for too long, we lose our ability to deal with it.” In 2017, the Narendra Modi government introduced the Mental Health Care Act, under which government health care and treatment was said to ensure good mental health of the people. “India has very progressive laws and policies on mental health. Our problem is related to the social sector. Because of this, laws and policies are not implemented effectively at the grassroots level,” says Pathare. Psychologists warn that in this period of epidemic, there may be particular problems for the mental health of children. They have to live in their own homes, isolated from friends. They are also witnessing tension in the house and violence elsewhere. Therefore their mental health may be affected. “We know what kind of risks to children pose to their mental health when they grow up in such an environment. The current circumstances will increase the risks for them,” says Pathare. He warns, “Cases of exploitation of children can increase. If there is tension and anger among the elders, it can turn out to be violence on the children. So it is a cause for great concern.

**Childhood** – Childhood is of great importance in human life. Milton, general secretary of English, has said- “Childhood shows the man, as morning shows the day.” That is, the way the day is revealed from the morning, in the same way, the child is a person’s identity. Another English poet, Wordsworth says- “The child is Father of Man” means the child is the father of man. Both these expressions show the importance of childhood. The children who are today, tomorrow they will be the masters of the nation, that is, childhood is very important stage for human life.

According to Freud- “Every behaviour performed by an adult or adult person is a replace or repetition of the same behavior done by the child in his or her childhood.

Providing a solid foundation for the importance of childhood, Watson’s idea is that “what a child will become or how to become a person in the future depends on the state of his childhood.

Watson believes that “you can make the child what you want him to be.”

Analyzing the above views presented by various scientists, it is clear that childhood is the most sensitive status of life. This is the initial stage of life, at this age, the child learns at the highest and highest speed, so it is also called the period of learning.

**Stress** – Stress is the root cause of mental diseases rather a mental disease. If we want to explain stress in a few precise words, then we can say that lack of balance between state of mind and situation is a state of tension. This is to say that when a person encounters such a problem or situation. When he feels that this problem or situation is beyond the control of his abilities, that is, his ability to deal with that problem is diminishing. If you are finding yourself weak and unable, then the person becomes stressed.

In this way we can say that the challenges faced by the body and mind of the person from time to time, which he considers himself helpless and unable to face. It gives rise to tension.

**Definition of stress** – “Stress is a multifaceted process that occurs in us as responses to events that disrupt or threaten to disrupt our somatic and psychological functions.”

“We define stress as an internal state that relates to the body’s physical demands (illness conditions, exercise, excessive temperature, etc) or environmental and social conditions that are truly harmful, uncontrollable and present means of coping.” Is rated as a challenger. Arises from.”

**Mental Health** – Mental health is state of balance between the individual and the surrounding world. A state of harmony between oneself and others. A state of co-existence between self and other people and environmental realities.

In the book *Mental Hygiene in Public Health*, P.V. Lewkan wrote, “A mentally health person is one who is happy, lives peacefully in his neighbours, makes his children healthy citizens and even after stopping these basic duties, in which so much power is left that he can also do something for the benefit of the society.” On being mentally healthy, a person is able to adjust well to his environment and tries for the progress of himself, his family and his society.

In the book “*The Human Mind*”, Menninger writes, “We can define mental health as human beings with maximum efficacy and joy in the world and as a mutual adjustment.” He has the ability to maintain a temperament, an intense intellect, socially balanced behavior and a blissful neuralgia.

The American Psychiatric Association (APA, 1980) defines mental health as: “Simultaneous success in working, loving, and creating the instinct, conscience, the ability to mature and

flexible resolve conflicts between other important people and reality.”

*Mental health and stress in childhood* – The Corona Epidemic has affected people’s mental health. While adults are affected by this, the elderly and children are also living in fear of its danger. In such a situation, stress, depression and other physical problems have started to develop in them. Actually, children have been imprisoned in homes for a long time due to the threat of Coronavirus. They have to be confined to their homes isolated from friends. They are also becoming witness to tension in the house and violence elsewhere. In such a situation it can have a bad effect on their mental health. Psychologists have also been warned in this regard that this round of epidemic may effect the mental health of children. If they are experiencing some mental and physical changes.

The epidemic crisis is a major cause of physical and mental health concerns. The superpowers of the world have also acknowledged that it is posing a variety of physical and mental challenges for the global population. Its effect on social fabric can be seen. United Nations Secretary-General Antonio Guterres has said that “after decades of neglect and weakness of mental health services, the Covid-19 epidemic is now endangering them by creating additional mental stress in families and communities”. They believe that grief, anxiety and depression will affect people even after the epidemic is under control.

The World Health Organization (WHO) warned the world that heavy words such as lockdown, isolation, social distancing caused by the corona crisis can increase fear and anxiety, which is likely to increase related to mental health.

Lockdown is currently underway in many countries around the world to fight with coronaviruses. People are lockdown in their homes. There are talks about coronavirus all around. In such a situation, it is natural for children to have negative thoughts. Gradually this tension takes the form of deep depression and they are performing different types of activities. Parents usually do not understand this. Dr. Nadine Burke Harris, a paediatrician from California, said hormones change due to stress. Due to changes in daily routine in some children, its effect is also being seen.

According to an estimate, more than 47 crore children live in India, ie 19 percent of the world’s children live in their country alone. The epidemic knocked over the world with the joy of the New Year. More than three months have passed and schools, parks etc. Are closed; Children are imprisoned in homes. UNICEF has said that it is ‘affecting the mental health of children’. In such a situation, we have a special need to understand the state of mind of children.

Today’s children are tomorrow’s future. The responsibility of progress, security and protection of the country will be on their shoulders in future. Therefore, it is very important to consider how the future of the country should be taken care of by these navigators in this hour of crisis so that they remain physically, mentally and emotionally balanced. Heavy words like corona virus, lockdown and quarantine are also creating some new problems for the soft hearts and sensitive brains of children, in such a situation, it is very important to take special care of their mental health.

According to Forbes magazine, ‘at the time of lockdown it is necessary to keep the day as before. Children should be awake, take bath, breakfast etc. On time so that their health is not negatively affected from psychological point of view. There is always a curiosity for new knowledge in children. If children are asked questions related to corona, then they should answer positively. Spend some time watching cartoons, movies with children so that children do not feel lonely. Create and follow the children’s routine or time-table with their consent. ‘Schools are closed during this period but many options for online education have been made available through the government and school. Through e-Pathshala, Swayamprabha, Nishtha, Deeksha App etc., free examination material can be made available at home.

The corona crisis and lockdown conditions are fatal to children’s mental health. If the mental state of the children is not taken seriously then the problem will increase further. Children’s stress can be reduced to a great extent by talking to them longer, listening to them, giving them new environment and strengthening their relationships with them. If mental state of children remains calm and happy, then their mental health will be good and better mental development will also take place.

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