



## Opinion

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# Managing Mental Health Problems of Students During the Pandemic of COVID-19

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## Opinion

Coronaviruses are enveloped, positive, single-stranded large RNA viruses that infect various animals including humans which were first investigated by Tyrell and Bynoe in 1966 [1]. During January 2020, novel coronavirus was confirmed by World Health Organization (WHO) to cause respiratory illness in a cluster of people in Wuhan city, Hubei province, china [2], whereas the case fatality rate of Covid-19 was much lower than SARS of 2003 [3,4].

The epidemic brought not the only risk of death, but also insufferable psychological pressure on people around the world [5,6]. There were reports of the psychological impacts of the epidemic on older adults, medical staff, children, patients, and the public in general.

The continuous spread of the epidemic, the fabrication of inconsistent news, and delays in starting colleges, schools, and universities are predictable to influence the mental health of college students. Strategies are recommended for the prevention and treatment of the psychological impacts of COVID-19 pandemic [7]. Educational, administrative, social and health institutions should design strategies that work on psychological impacts of COVID-19, inclusive of depression, anxiety, and stress.

As evidenced by the corpus of literatures Psychological effects of COVID-19 were clearly stated. Mental health problems during the pandemic of COVID-19 affect the student's ability to work, study, take care of themselves and interact with peers [8,9].

Following the pandemic of COVID-19, efforts were made to combat homestay followed mental health problems; of such service, psychological counseling through telephone hotlines was commonly provided [10].

## Specific Activities [10-14]

1. Keep informed: only trusted channels were recommended. Minimize watching the news about COVID-19- If it has an impact or influencing capabilities psychologically.
2. Social contacting: Keep regular contact with close people through telephones.
3. Limit alcohol intake:
4. Avoid calling people with COVID-19, as COVID-19 cases as to reduce the stigma of any form.
5. Applying physical distancing while keeping care of social roles.
6. Engaging in physical exercise routinely.
7. Engaging in-home activities with care.
8. Listening to the music you most like but could not be the one inducing psychological disturbance.
9. Consume diets with omega 3 fatty acid [15].
10. Use the social media account to promote positive stories and make corrections to lies, misinformation.
11. Help others.
12. Support health professionals.

## Conclusion

As a conclusion, mental health students; the to be emphasized aspect during the pandemic of COVID-19. As these group of the population was under absolute displacement from the routine environment that is the closed School. And hence specific activities

were listed to practice on the efforts getting out of the psychological disturbance as well as early prevention.

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