



COVID-19 Effects In Mental Health On College Students

Silvana Rivas

WHY I CHOSE THIS TOPIC?



- During and after the lockdown, I faced a variety of obstacles that took a significant toll on my mental health. I started experiencing panic attacks because of my excessive stress levels. Even family have been affected by the lockout and are still suffering with mental health issues to this day. I became intrigued in this issue and began to wonder if the symptoms I was experiencing would have an impact on my maturity. I was also curious about what would have happened if I had known that the way I was feeling was typical and how to manage these circumstances.
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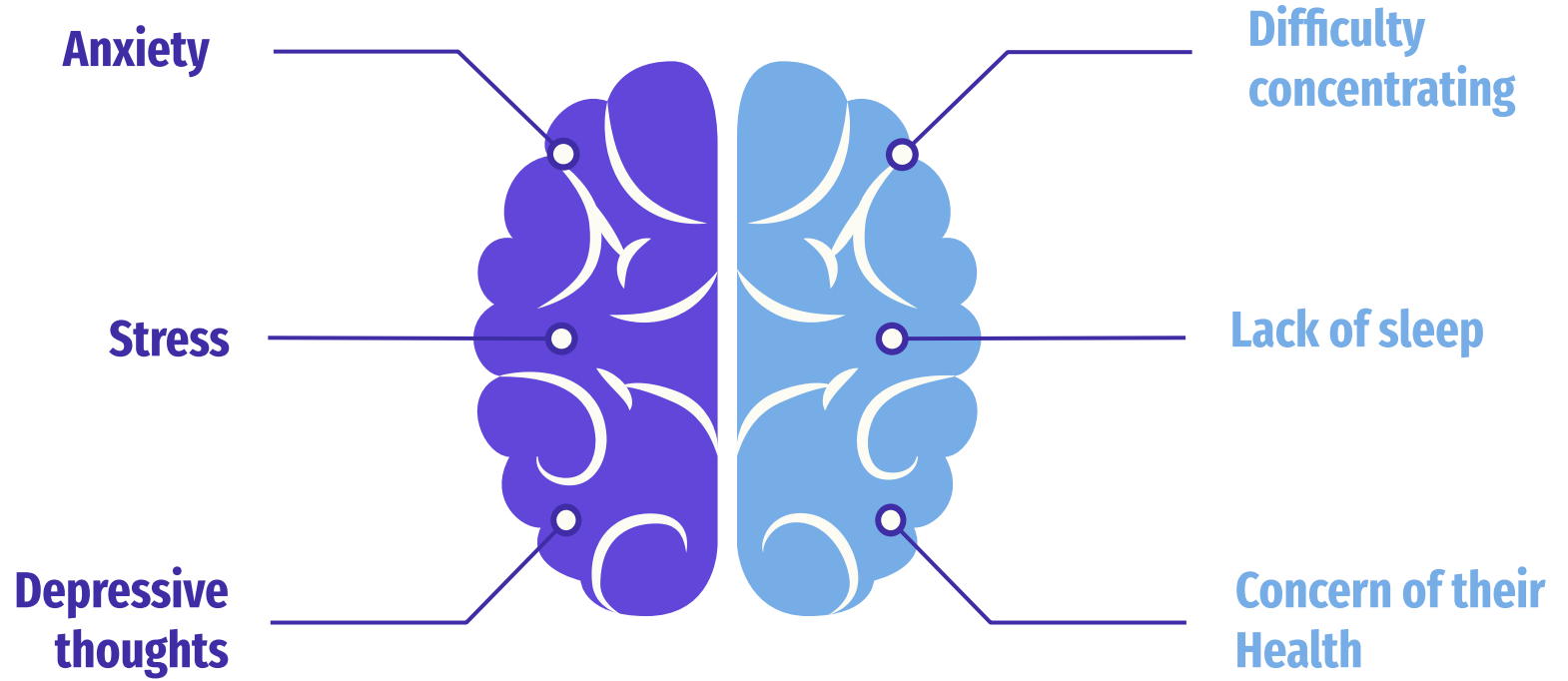
WHAT IS MENTAL HEALTH



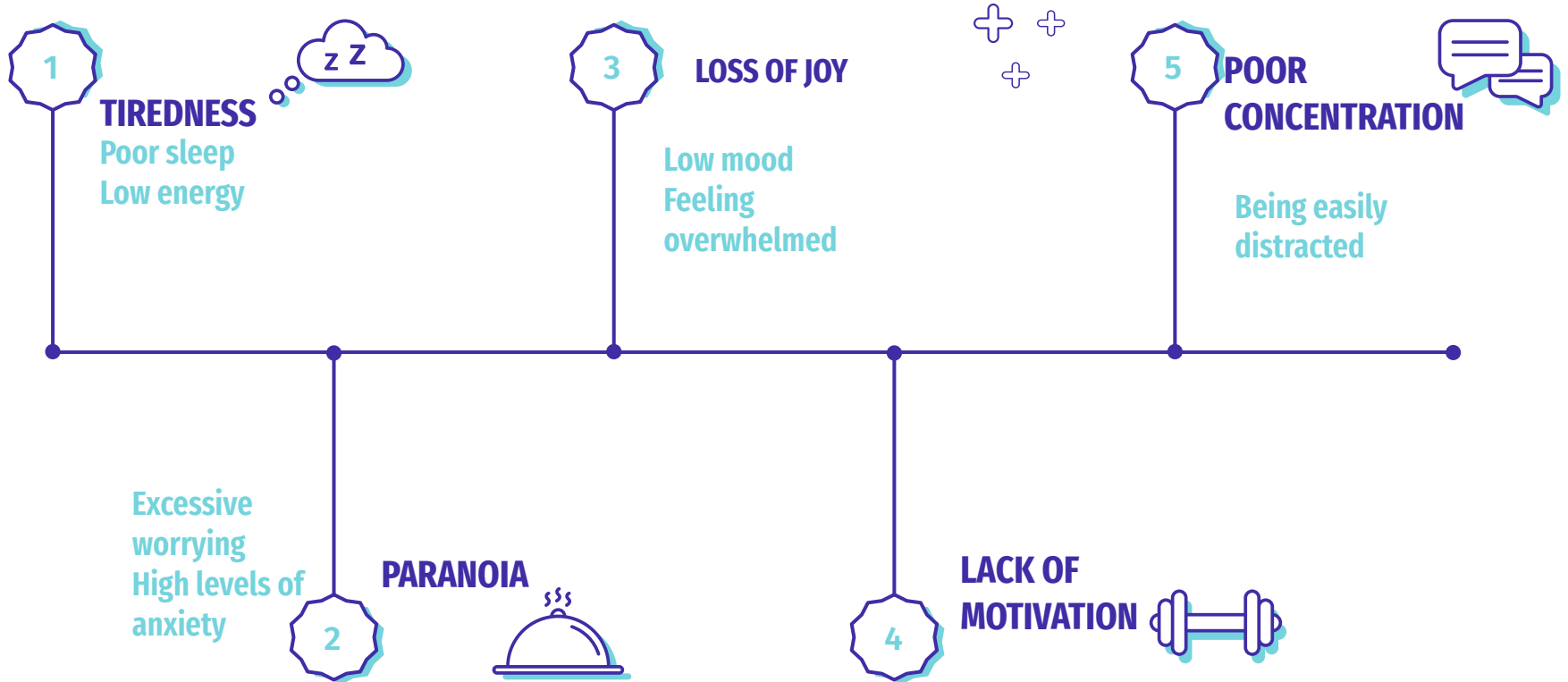
Mental health is essential throughout life, from childhood to maturity. It affects how we think, feel, act, deal with stress, interact with people, and make decisions. Our emotional, psychological, and social well-being all contribute to mental health..

Mental health issues can have a negative impact on a student's energy level, focus, reliability, mental capacity, and optimism, resulting in poor performance. According to research, depression is connected with poorer grade point averages, and co-occurring depression and anxiety might amplify this relationship. Dropping out of school has also been connected to depression.

STUDENTS USUALLY SUFFER FROM

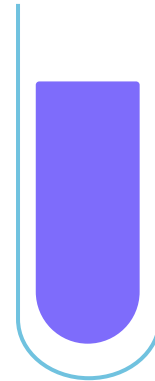
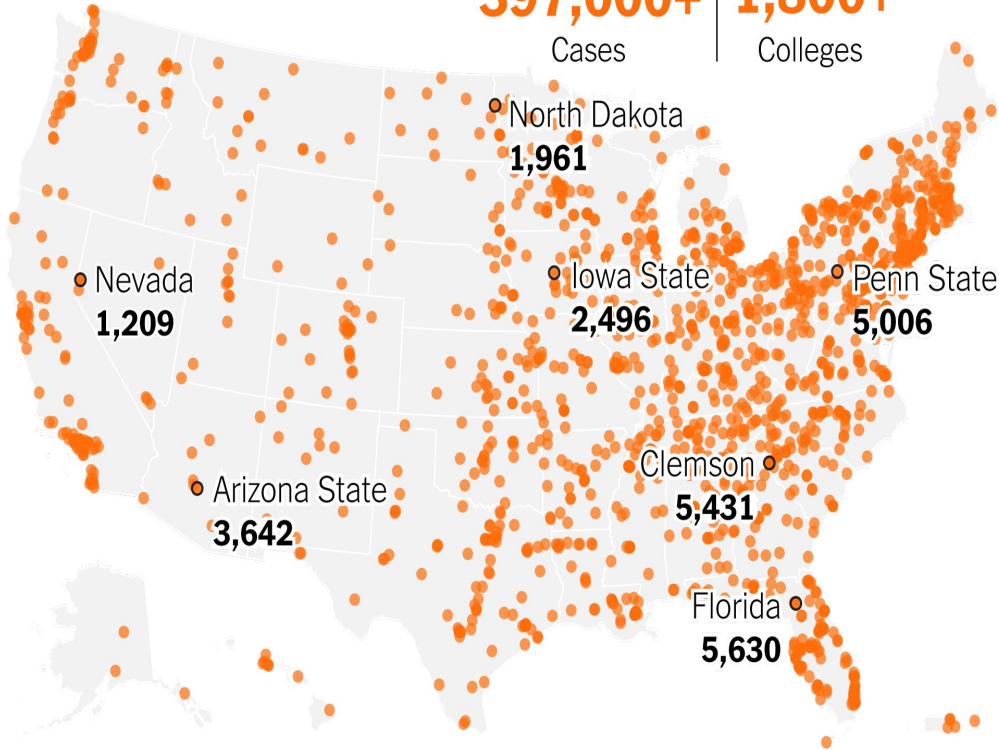


WHAT CAUSES MENTAL HEALTH ISSUES



MENTAL HEALTH INFOGRAPHICS

397,000+ Cases | **1,800+** Colleges



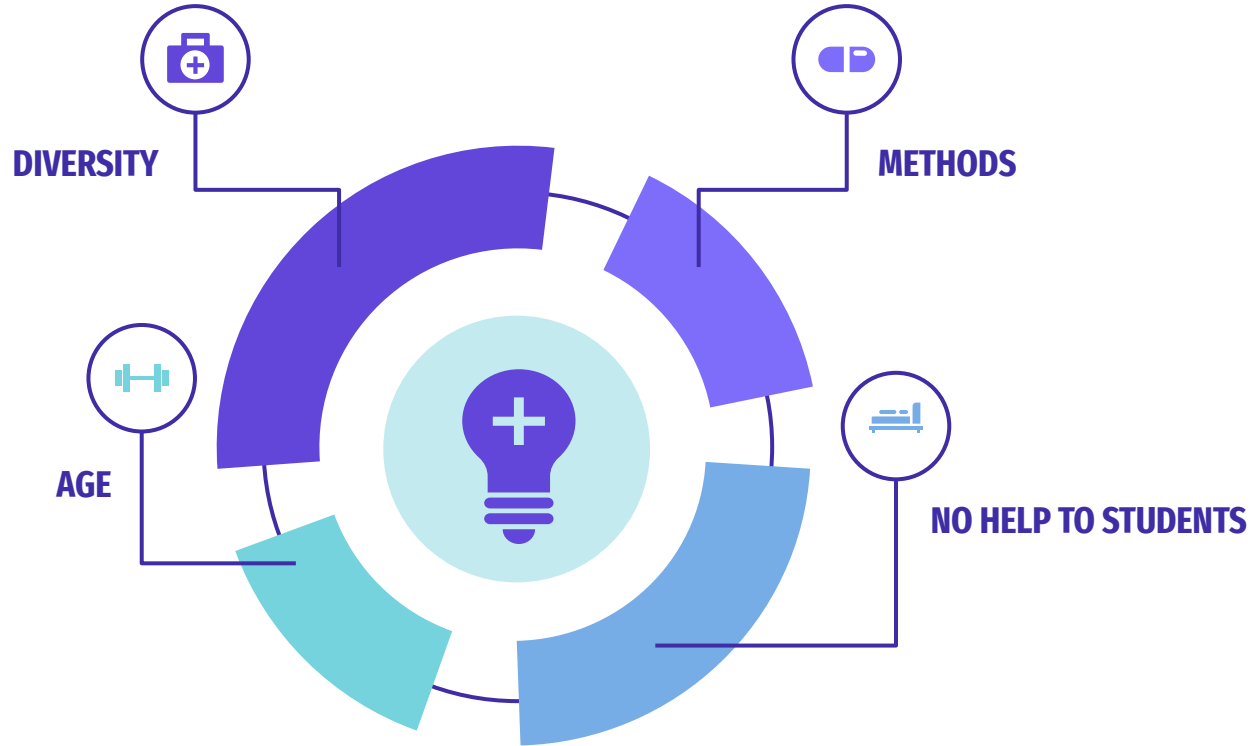
Of college students reported the lockdown has negatively impacted their health.

80%

DEC 11, 2020

<https://www.nytimes.com/interactive/2020/us/covid-college-cases-tracker.html>

ADDRESSING SOME ISSUES



MENTAL HEALTH INFOGRAPHICS

DIVERSITY

Most of the study research only extend to 1 to 2 colleges where the diversity in them its not there.



AGE

The age range among college students was only done to 1 to 2 grades such as seniors and sophomores.



METHODS/GENDER

These studies were done by questionnaires. The participants were mostly females.



HELP THE STUDENTS

No help was given to those who reported issues with school and their everyday life.

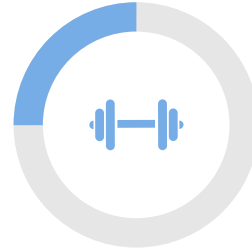


MY PROPOSAL



MORE STUDENTS

United states college students. Ex, all of the East coast.



METHODS

Conducting face-to-face interviews to fully understand the issues students had during the lockdown and to learn about the sources they wish they had.



Sample size

Students from ages 18-21
Attend to university



Hypothesis

How has COVID 19 impacted the mental health of college students.