

## STRENGTHENING EFFECTIVE LEARNING DURING THE COVID-19 POST PANDEMIC EDUCATION: MENTAL HEALTH MATTERS

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At this point, the vast majority of people are aware of the COVID pandemic and its potential to wipe out most of humanity. We all know how it began and spread, but few of us are aware of its effects on us, especially our children. The COVID pandemic has presented unanticipated challenges for all of us, particularly for children and adolescents. Hundreds of millions of deaths globally. Unfathomable loss. Billions in physical and mental damage.

COVID-19 affects not only our physical health but also our mental state. One in seven 10 to 19-year-olds worldwide experience a mental disorder, accounting for 13 percent of the global disease burden in this age group. Since COVID-19, mental health in education has been a subject of ongoing discussion, and it is essential to consider how the pandemic affects students. While it is true that many students are now more engaged in their studies due to being homebound, there is a concern that this may have negative consequences for their mental health in the future. These factors include parental divorce or separation, placement in foster care, family violence, loss of employment, relocation due to school closures, financial hardship, lack of access to transportation, travel restrictions due to pandemic activity, and anxiety about future employment opportunities due to school absences, among others.

Transitioning from home-based learning to in-person classes has been challenging for many students, particularly those with mental health issues. For students who are already dealing with mental health issues or recovering from trauma, the stress of the pandemic and the stress of returning to school can be overwhelming. Parents and

teachers should know that these students may require additional assistance as they return to normal routines.

The COVID-19 Pandemic or Face to Face Class can be very challenging for a person undergoing transition. Due to the significant difference between the COVID and the online course, people will need to adjust their mental health appropriately. Increases the likelihood of mental breakdowns and sudden changes in a person's state of living due to the stress of not having internet access and the novelty of being around other people once more.

Post-pandemic education has allowed several students to grow and acquire the necessary skills for their future. However, not all students have taken advantage of this opportunity to its fullest extent. Some struggle with mental health issues because they cannot seek professional assistance during this time.

The COVID-19 pandemic caused many students to miss weeks or months of school, depending on the severity of their symptoms. Many students fell behind in their education and missed out on life-enhancing learning. The lack of resources during this time period made it difficult for many students to focus on their academics while dealing with other individual issues such as family problems or financial hardships, which further led to a decline in academic performance among some students who may have otherwise been successful at passing classes without suffering any setbacks due to the COVID-19 outbreak being reported in the majority of major cities. Each and every day, a single student encountered these immense obstacles before, during, and after the pandemic. This demonstrates that mental health was a significant issue and notoriously difficult to manage.

In the aftermath of the COVID pandemic, when many students will have lost family members, it is crucial to provide them with the learning support they require. We

believe a comprehensive approach is necessary to enable students to concentrate on their education and achieve the best possible outcomes.

Schools must educate students about the significance of good hygiene and handwashing to prevent the spread of viruses such as COVID-19 or any future pandemics. In addition, schools can provide students with opportunities for physical exercise and other forms of activity, which may enhance their immune system's capacity to combat infections such as COVID-19.

Mental health issues can be treated with psychotherapy or medication. Teachers can use various strategies to address students' mental health needs in the classroom. One approach is to provide a time during class when students can discuss their concerns without fear of being judged or condemned. Students can share their feelings and experiences through various activities, including journaling exercises and group discussions. Teachers can also incorporate mindfulness techniques into their lessons to encourage students to focus on the present moment rather than fretting about the future or ruminating on the past. In addition, these include providing schools with guidance on building comprehensive mental health support systems and supporting school administrators in identifying students who may be at risk for suicidal, emotional, or behavioral issues during or after the pandemic is a second measure. Some people recover independently with the help of those around them, while others require more assistance. It is crucial that we all take care of ourselves during this difficult time so that we can continue to assist those in need.

During the last two or three years of the Covid-19 Pandemic, various perspectives, integrations, issues, and approaches have been utilized to integrate mental health. As our world becomes more interconnected, depressive symptoms are becoming more apparent, especially as education is shifting again. We must recognize there are proactive ways to assist those around us who may be suffering from this invisible disease. Mental health is foremost in the minds of educators and students. Numerous variables may influence

mental health education but staying informed and assisting those in need is crucial. Remember, the ultimate goal of teachers in education is to help students develop emotional intelligence or emotional quotient (EQ), which is more important than their intelligence quotient (IQ). This is because I believe that focusing on mental health now can contribute to a healthier future population, which can reduce mortality and improve education.

In conclusion, stable mental health is necessary for a healthy body and an excellent education. When a person is mentally healthy, he or she will be able to study and work more effectively, which will ultimately lead to lifelong success.

#### *References:*

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