Cause of Stress and Depression Because of Education During Covid

Ritu Trivedi
Assistant Professor, BMS Department
Thakur Shyamnarayan Degree College, Kandivali (East), Mumbai, India

Abstract*: Education should give a person the physical, intellectual, emotional, and spiritual tools they need to face life's problems with confidence, daring, and the ability to make wise judgments and gain new views. The main goal of education is to guide a person toward leading a fruitful and fulfilling life. The variance in educational quality, which tends to be a reflection of economic affluence, is one of the ongoing issues facing the educational system today. Education is regarded as essential for one to succeed in society. This research paper's primary goal is to comprehend the issues with the Indian educational system, namely the areas that have received the most attention include the necessity and importance of education, problems with the Indian educational system, difficulties faced by the Indian educational system, and recommendations for enhancing the Indian educational system*

Keywords: Students, Education, Covid, Stress, Depression.

I. INTRODUCTION

Every year, India's education system graduates millions of people, many of whom are highly talented in engineering and information technology. On the one hand, this advancement in human resources supports the nation's economic development; on the other, it causes issues in the educational system. While India's demographics are generally thought to provide it an advantage over the economies of the other nations. India's school system has several difficulties because 35 percent of the population is under the age of 15. Although previous administrations promised to expand education spending to 6% of GDP, actual spending was only about 4%. Indian Institutes of Technology, Indian Institutes of Management , and prestigious institutions are in short supply.

The most important tool for development has been shown to be education. In terms of resources allocated and the number of people involved, including instructors, students, and administrators, the Indian educational system has grown significantly. In India, education expanded at all levels in the years following independence. Educational institutions in India can be categorised into four groups based on their levels of control and management styles: government institutions, where the government provides money and management, government-aided or grant-receiving institutions, and private institutions.

1.1 Need and Significance of Education

The drive toward education is one that is important for the growth of human resources. Education improves a variety of developmental processes, including cognitive, intellectual, social, and personal. Higher education in the system of education includes management, engineering, medicine, technology, science, and other subjects; these fields play a significant role in the dissemination of knowledge, information, values, and skills among the people. It is essential for boosting the country's development and output. Human resources can contribute to the growth of the community and the nation when they have the knowledge, awareness, and skills to do so; as a result, the generation of knowledge, awareness, and the development of skills will be of utmost importance.

1.2 Issues in the Indian Education System

The following have been listed as emerging challenges in the Indian educational system: The quality of instruction is not in a very advanced position in the majority of the educational institutions and training centers in the nation. Lack of teachers, poorly created curricula and instructional methods, poorly organized teaching-learning methods, improper communication between teachers and students, a lack of contemporary and new methods, and budgetary issues are the

main causes of deficient teaching methods. These issues render teaching in educational institutions of lower quality, and steps must be taken to improve it in order to make it helpful.

Numerous students come from marginalised, minority, and socioeconomically depressed areas of society. They take an active interest in their education, work hard, and have aspirations of becoming professionals like doctors, lawyers, engineers, business executives, teachers, and so on. However, their family's poor income and their own financial difficulties act as barriers to their ability to pursue an education. In order to enroll in higher education institutions, students typically move to urban regions, where they must also pay for living expenses, food, books, electronic resources, and other costs.

In educational institutions, teachers employ traditional methods of instruction rather than technology or audiovisual aids, especially in nurseries. The educational system has a need for technology and the internet, especially in remote areas. The technical infrastructure investment will aid in promoting learning among the rural populace. Recognizing the importance of technology, using cutting-edge teaching-learning techniques, and finding effective problem-solving strategies are necessary to increase the creativity of the testing and evaluation systems.

1.3 Challenges in the Indian Education System

The country's educational system is diverse in nature. Geographical locations, caste, race, and ethnic origins of the persons, rural and urban establishments, and disparities in the backgrounds of the individuals are the key variables that contribute to the varied structure of the educational system. There are several programmes offered by a variety of colleges, universities, and educational organisations. Educational institutions offer a wide range of programmes, courses, and educational levels. There are organizations that produce provision of qualitative education and there are also institutions that get involved in educational malpractices

II. RESEARCH METHODOLOGY

In this research, we used the Questionnaire Method, where we connected to the people and asked questions about conflicts they faced in an educational institute. The questions which were created was to study how many people fall into conflicts and ways they used to resolve them. As per our respondents we got 30 responses from students, teachers as well as the non-teaching staff's. They were personally contacted by us to fill the survey form online. Many of the people took initiative and filled the forms through email Ids and personal details which were kept confidential, Only the responses were used for the research paper and there were no objections raised from anyone.

III. DATA COLLECTION METHOD

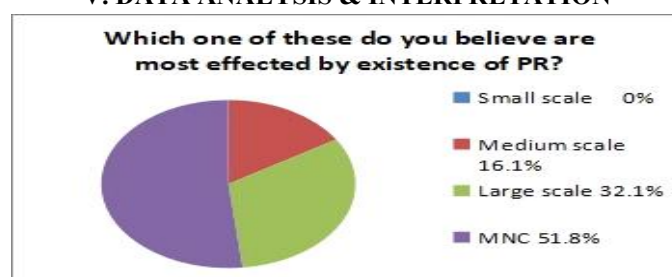The source of data in this research paper are both primary and secondary

1. Primary data:- primary data consist of original information gathered from a sample size of 30 responses residing in Mumbai

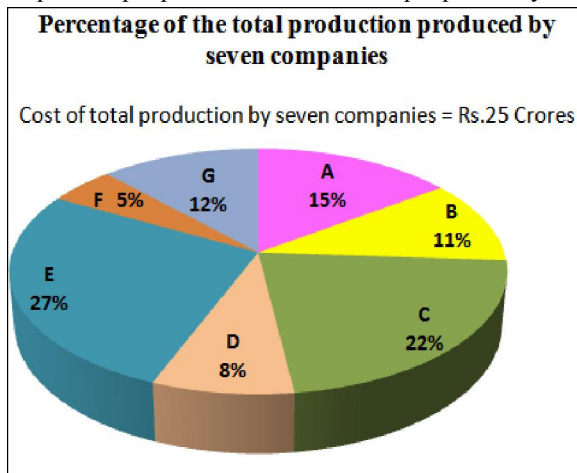**2. Secondary data:-** secondary data consists of data already gathered and present on the web

IV. DATA ANALYSIS

for analysing the data simple tools like google forms are used we have the data analysis of 30 people on how the responses are submitted
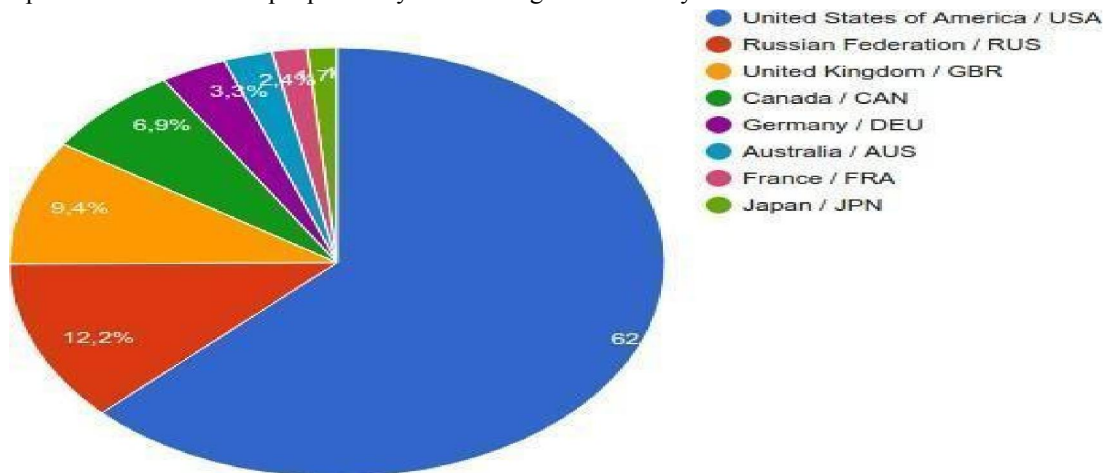
V. DATA ANALYSIS & INTERPRETATION

Which one of these do you believe are most effected by existence of PR?
- Small scale 0%
- Medium scale 16.1%
- Large scale 32.1%
- MNC 51.8%

10.8% percent people said no and 88.2% people said yes according to this question

Percentage of the total production produced by seven companies

Cost of total production by seven companies = Rs.25 Crores

Company	Ratio of production		Percent profit earned	
	Item I	Item II	Item I	Item II
A	2	3	25	20
B	3	2	32	35
C	4	1	20	22
D	3	5	15	25
E	5	3	28	30
F	1	4	35	25
G	1	2	30	24

Ratio of production between items I and II and the percent profit earned for the two items

36.8% people said no and 63.2% people said yes according to this survey

- United States of America / USA
- Russian Federation / RUS
- United Kingdom / GBR
- Canada / CAN
- Germany / DEU
- Australia / AUS
- France / FRA
- Japan / JPN

VI. CONCLUSION

Every person needs an education to improve his or her living circumstances. A solid education will help people find employment, increase their awareness of a variety of topics, instil moral, ethical, decent, and gracious qualities in them, and make a significant contribution to the development of their personalities. The Indian educational system is now experiencing concerns, including low teaching quality, budgetary restrictions, outdated teaching techniques, privatization, inadequate facilities and infrastructure, and a failure to encourage originality, creativity, research, and innovation. The following recommendations have been made in order to improve the educational system in the nation: toward a learning society, connection between industry and academia, incentives for educators and researchers, innovative practises, resource mobilization, advancement of the information age, student-centered education and dynamic methods, public-private partnership, provision of need-based job-oriented courses, international cooperation, towards a new vision, and cros.

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