

Long-Run Deprivations of Coronaviruses on Young Minds

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ABSTRACT

After getting affected by COVID-19 its affect us for nearly 10-15 days. This 10-15 days of life is very critical for COVID-19 positive patients, as the mortality rate is very high. If they withstand this critical time, then there are chances of recovery. Many people are thinking that COVID -19 is only affecting our body, what they don't know is that it is also affecting the whole future of our human civilization. Children are considering the future of civilization. Therefore, nourishing them is like nourishing our future, teaching them is like training our future. Whatever we will give to our young minds today, the same things they will use to construct the future of our world. Therefore, to make them strong, skilled, and knowledgeable we send them to Educational Institutions or we provide them with different kinds of pieces of training or works to educate them. COVID-19 has ceased the training process of our young minds. This slush in the flow of the stream of knowledge will affect the future of young minds. The lag in their development is also destroying their basic construction. It is very important to know that COVID-19 is not just a bodily disease but also a catastrophic invasion of our future.

Keywords: COVID-19, young minds, Educational Institutions, training, teaching, children.

INTRODUCTION

The Pandemic has been striking again and again to our human civilization ((India Today, 2021)). As soon as we adapt our health remediation system it mutates and gives us another face-off by changing its genetic face ("Tracking SARS-CoV-2 variants", 2021). In this mortal combat, we are not only losing our dear one but also losing the mentality of hard work, dedication, and the farsightedness of life goals.

If you need fruits you have to plant trees and not just planting we have enriched them and hydrate them with water and manure at right time besides caring we have to protect them from insect and disease invasion. After several years the reward will be returned in form of fruit as food. Besides caring if we anyhow ignore the microbial, or insect's invasion we might have to sacrifice either the quality or the quantity or even the whole harvesting reward. The development and growth of humanization is a chain network. Everyone's growth is directly or indirectly dependent on everyone. The continues hammering of the pandemic has broken this chain of living. Recovering from this social mental, educational and financial catastrophe is not an easy task.

At the beginning of lockdown, we have observed that the education system has been encountering several heralds (Kaur, H., Keshri, R., & Sharma, A. (2020)).

The financial emergency created by COVID-19 takes steps to hit youngsters and families the hardest. The number of kids living in multidimensional destitution – without admittance to schooling, wellbeing, lodging, nourishment, disinfection, or water – may take off to roughly 1.2 billion, while an extra 142 million youngsters are relied upon to fall into financial neediness in 2020 alone ("COVID-19 impacts on child poverty", 2021).

People from the learning communities are facing several issues like, lower Student-instructor Cooperation, lack of practical exposure in laboratory and sports knowledge, Loss of Peer Environment that creates the competitive environment among the batch mates, loss of quality examination process, and termination of nearly every educational and welfares programs for children below poverty (Kaur, H., Keshri, R., & Sharma, A. (2020)). People from the various organization has tried to jump upon this kind of heralds by appointing cyber tech but it is found that cyber tech is not

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even 50% eligible to full fill its expectations. But, it has been used continuously by ignoring its disadvantages

The young minds of the world have been struck by such catastrophe that will crawl over his existence. The learning community process is entirely dependent on proper punctuality and unbreakable concentration. The world where taking a day off make a person 7 day behind his target, and now they are handling such big cataclysm holidays, it's really hard to construct the statics of falling of the graph of growth and development. So, Here, we are going to discuss the long-term effect of corona viruses on young minds.

The Decline in Family Income Sacrifice Study for Survival.

Most of the income generative work is based on the face to face communication and practical exposure. Because of pandemic restrictions, many people have lost their income source (Petro sky-Nadeau, N., & Valletta, R. G. (2020)). Providing quality academic education to children takes a big piece of the family budget cake. Many middle-class families and lower-class families people already adjust their lifestyle a lot to pay for the education of their children and during the corona virus era, they have to sacrifices their children future to survive today.

During the lockdown education institutions haven't stopped their curriculum and they had started online classes for the student without analyzing the cyber tech availability among their students. This system has facilitated the line of discrimination in the mode of knowledge distribution. Those who are well equipped with the necessary stuff for the online study had easily sifted to this platform. Those who are not equipped either purchased it or had sacrificed their education.

If we see this situation as a gap from the study just for the lockdown to defend from the invasion of corona viruses, then it seems like a temporary loss. But if we consider the loss of the education circle for more than a year then we should need to understand that corona has successfully invaded our life.

During the onset of lockdown, it was announced by the institutions that the academic education of children will go on by the mode of video streaming and group video streaming platform. Moreover, it has also been declared that students have to pay the full tuition fees. The majority, of families, fall in the lower-income category whose work has been ceased or demolished by

the corona viruses restriction rules and are unable to handle the increase in the fees burden. Resultant many families have to sacrifices their child education to survive. And this kind of situation of somber is suffered all over the world as many people suffer to provide education to their children("COVID-19 and children - UNICEF DATA", 2021).

The Decline of Education Policies and Termination of Education for the Children under the Line of Poverty.

About 188 nations have forced countrywide school terminations, influencing more than 1.5 billion youngsters and youth. The expected misfortunes that might build in learning for the present youthful age, and the turn of events of their human resources, are difficult to understand. More than 66% of nations have presented a public distance learning stage, however, among low-pay nations, the offer is just 30%. Before this emergency, right around 33% of the world's young individuals were at that point carefully avoided. (*Policy Brief: COVID-19 and the Need for Action on Mental Health*, 2021).

Coronavirus-related school terminations hazard pushing an extra 72 million elementary school matured kids into learning destitution—implying that they can't peruse and comprehend a basic book by age 10—as per two new World Bank reports delivered. The reports diagram another vision for learning and the ventures and arrangements, remembering for training innovation, that nations can execute today to understand this vision.

The pandemic is enhancing the worldwide learning emergency that all around existed: it could expand the level of grade young kids in low-and center pay nations living in taking in neediness to 63 percent from 53%, and it puts this age of understudies in danger of losing about \$10 trillion in future lifetime profit, a sum comparable to very nearly 10% of worldwide GDP("Pandemic Threatens to Push 72 Million More Children into Learning Poverty—World Bank outlines a New Vision to ensure that every child learns, everywhere", 2020).

There are lots of education programsthat were organized for the children who are below the poverty line by the government("Education", n.d.). These programs are facing the problem of poverty. Before the invasion of coronaviruses, this program is helping a lot in lifting the level of knowledge among the poor kids as well as it

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helps in boosting self-confidence, generating morale, and building a mentality to create a prosperous life for themselves. As all these programs were managed by the mode of direct interaction between guides and children they were all broken down by the surge of coronaviruses invasion. It's been more than a year that these programs are under the complete shutdown. It would not be wrong if we say that the chain of growth is collapsed. By the mode of this program, not only knowledge but also food and other basic requirement things were distributed but now everything in ceased. It's very hard to imagine the level of mental burden among those children. As many of them were dependent on this kind of program for their life. Many programs even provide food for students so that they should stop earning for food and focus on the study ("Mid Day Meal Scheme", 1995). The government has spent a lot of time grabbing the trust of people below poverty. We have no idea when this program will start again. Even if it starts it will be a great challenge for the people who are related to this program by profession.

"Without critical activity, this age of student may never accomplish their full abilities and income potential, and nations will lose fundamental human resources to support long haul monetary development," said Mamta Murthi, World Bank Vice President for Human Development, in the present dispatch occasion. "Having over the portion of kids worldwide in learning destitution is unsuitable, thus we can't proceed with the same old thing in instruction conveyance. Through the visionary and striking activity, policymakers and partners throughout the planet can transform this emergency into an aid to change instruction frameworks so everything youngsters can accomplish learning with euphoria, meticulousness, and reason, all over the place."

The COVID-19 pandemic has brought two enormous shocks. School terminations have avoided most understudies on earth with regards to class—1.6 billion understudies at the top in April 2020, and still just about 700 million understudies today. The adverse consequence of the extraordinary worldwide financial compression on family salaries has expanded the danger of school dropouts. Underestimated bunches are probably going to fall further behind. Young ladies are confronting the expanded danger of juvenile pregnancy and early marriage during the pandemic. Also, kids with incapacities, ethnic minorities, exiles, and

dislodged populaces are less inclined to get to reasonable far off learning materials and to get back to class post-emergency ("Pandemic Threatens to Push 72 Million More Children into Learning Poverty—World Bank outlines a New Vision to ensure that every child learns, everywhere", 2020)

Increase Gap in Career

Gap! An employment gap is a period of months or it may be of years. It happens when the job seeker was unemployed. At the time of hiring a new employee or intern recruiters go through the candidate resume vary carefully. And if they found any gap in their carrier recruiters take it as a sign of failure, unprofessional, inefficient, unskilled and the recruiters consider them incompetent for the job.

Before the happening of covid-19 disease, many countries are facing the problem of educated unemployed people (YILMAZ, N. The Problem of Unemployment in the Changing World and the Role of Education.)(Singh, R. (2018).). And these numbers are very high. But, after the invasion of coronaviruses, many people have lost the job (Nambath, S. (2020)). As many organization all over the earth has dismissed a large number of their employee to save the organization money. Throughout the lockdown many people are unemployed. And now when they go for any interview their application got rejected as many companies count the time of covid-19 suffering as a gap in the carrier. And this is not only the problem for those who are unemployed during covid-19 times many people who are still unemployed before coronaviruses happening they have suffered an add on to their carrier gap.

The Decline of Health Status

Childhood Obesity

Student body metabolism required lots of movement as they are in a continuous stage of growth and development before the happening of COVID-19 pandemic children not only go to school but also enjoy various outside games and outdoor fun, and movement. But after the pandemic, they are lockdown in their house. This has made them very lazy and unproductive. Their body activity is lower than a sedentary lifestyle. This restricted lifestyle is making them obese. And obesity has various consequences on children. Obesity in the stage childhood can cause the body in many ways. Children who are suffering from obesity are more likely to have various medical problems (Cote AT, Harris KC,

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Panagiotopoulos C, et al. (2013))(Lloyd LJ, Langley-Evans SC, McMullen S. (2012))(Bacha F, Gidding SS. (2016)) (Mohanan S, Tapp H, McWilliams A, Dulin M. (2014))(Narang I, Mathew JL. (2012))(Pollock NK(2015;))(Africa JA, Newton KP, Schwimmer JB. (2016)).

- High circulatory strain and elevated cholesterol. These are hazard factors for cardiovascular illness.
- Increased hazard of impeded glucose resilience, insulin opposition, and type 2 diabetes.
- Breathing issues, for example, asthma and rest apnea.
- Joint issues and musculoskeletal inconvenience.
- Fatty liver infection, gallstones, and gastro-esophageal reflux (i.e., indigestion)
- Childhood obesity is also generating (Morrison KM, Shin S, Tarnopolsky M, et al. (2015)) (Halfon N, Kandyce L, Slusser W. (2013))(Beck AR. (2016)).:
- Psychological problems such as anxiety and depression.
- Low self-esteem and lower self-reported quality of life.
- Social problems such as bullying and stigma.

Future Health Risks

- Children who suffer from obesity are more likely to become adults with obesity (Gordon-Larsen P, The NS, Adair LS. (2010)) Adult obesity is linked with increased risk of various serious health conditions which includes heart disease, type 2 diabetes, and cancer (Jensen MD, Ryan DH, Apovian CM, et al.(2014))
- If children have obesity, their obesity and disease risk factors in maturity are probably to be more severe (Bass R, Eneli I.(2014)).

Hospital status

Moreover, if we go through the states of admission of the patient in hospitals before and after coronaviruses occurrence we will find that there is a huge decline in the admission of the patient in the hospitals (Hasan, A. H., Das, S. C., Islam, M. S., Mansur, M., Shawon, M. S. R., Hassan, R., ... & Mohammad, Q. D. (2021).) (Birkmeyer, J. D., Barnato, A., Birkmeyer, N., Bessler, R., & Skinner, J. (2020).) (Campbell, D. (2020).). In general, hospitals have to handle patients of seasonal disease, birth disorder,

accidental cases, old age people, and people who are undergoing chemo or any long treatment season. After the happening of coronaviruses outbreaks all these cases where decline suddenly (Baghdadi, S., Nabian, M. H., & Baghdadi, T. (2020).) (DiFazio, L. T., Curran, T., Bilaniuk, J. W., Adams, J. M., Durling-Grover, R., Kong, K., & Nemeth, Z. H. (2020).). This decline in admission is not because of not happening of disorder or diseases but, because of fear. Fear has made people hide inside their residents even if they are not well. Many think that if they move out they might get coronaviruses. Many are in fear that if their normal fever matches with corona then medical staff will make them separate from their family and put them in quarantine. This nervousness is creating a lot of trouble for patients who the not covid-19 positive (Samson, K. (2020).) (Rosenbaum, L. (2020).).

Moreover, this fear has hammered on the treatments that required daily, weekly or monthly concern and care. Many treatments like cancer, bone disorder, implant management, etc., required regular monitoring and alternative care therapy as per the patient's growth and development status. This treatment is very sensitive. Skipping any single monitoring of planned visits may have turned into a serious problem in the future. There are chances that the treatment has to start from the beginning. Or it can leave permanent damage to the patient body and mind.

The use of Automation to a Greater Extent Reduces Employees.

After the commencing of work at home system many organization has realized that there is certain work that can be done without hiring the number of employees. Likewise, in the education department, many institutions have fired many teachers even if the work is the same. Previously when institutions have to teach a large number of students they divide the children into the section. Each section has a different set of teachers for a different subject. Therefore, every class of the same syllabus year has a different teacher for the same subject and syllabus. But, presently school has to take the class by the mode of video conference or video broadcasting facilities, this has removed the facility of using multiple teachers. The institution combined all the sections of a similar syllabus and allow a single teacher to teaches the whole combined section. The same thing is done by another subject too.

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Moreover, in the case of working company fresher's job were sacrificed to save the salary. Companies are mostly looking for experienced candidates for their job vacancy and are pretending that hiring fresher is a game of 100% risk. As if fresher is not at all skilled.

Rapid Innovation in Education

The cyber revolution of this pandemic has not only created many paths but also destroyed many lives all over the globe. Online classes lead to low proficiency in subjects and poor learning outcomes. With the passage of time, the effects get compounded and severely affecting the ability of young minds to comprehend things and take exams. This in turn leaves poor academic performances, dropouts, and unemployment (Orgilés, M., Morales, A., Delvecchio, E., Mazzeschi, C., & Espada, J. P. (2020)).

With the advent of artificial intelligence and machine learning, our focus has shifted towards acquiring coding skills and developing different applications for learning. Knowledge is incomplete without understanding the philosophy of the discipline. Because students will have to learn at their own pace, regardless of the environment. As the importance of AI increases in our lives, our ability to think critically and analyze situations diminishes. In order to empower the faculty to provide the best education for students, there is a need to invest in the best training for them. This time, the focus is on how to make digital education more interactive and effective for young learners otherwise it will halt their cognitive skills ("How AI is helping government school students learn English", 2021).

In reacting to the pandemic, training frameworks have been compelled to quickly carry out advancements in far-off learning at scale. To reach however many youngsters and youth as could be expected under the circumstances, they have utilized multi-modular distant learning approaches that join online assets with radio, TV, versatile, just as written words for the most helpless. In any case, the tremendous advanced partitions – from availability to computerized abilities – and imbalances like parental help and home learning conditions is enhancing learning disparity ("Pandemic Threatens to Push 72 Million More Children into Learning Poverty—World Bank outlines a New Vision to ensure that every child learns, everywhere", 2020).

Tossing from Mental Agony

The pandemic has had an annihilating impact on young minds all over the world. From some recently discovered incidence – that said that they are deeply nervous, having panic attacks, and have started self-harming again in short they are losing hope and motivation for the future. Hope, is very important during hard times as it's giving people mental strength to handle the problem and don't allow them to flow with the wave of tears. It's now widely observed by everyone that some young minds will be dealing with numerous pressures, especially those who have been experienced or grieving other trauma during this hard time of social termination.

As per statics collected from a survey done in March 2020, 32% of people made their mental health much worsened. 51% of people have bit worse mental health and 9% people who made no divergence in their mental health.

In June 2020 survey, 80% of people made their mental health much worse. 87% of answerers accorded that they had felt isolated or lonely throughout the lockdown period, even though 71% had been capable to remain in connection with friends. 41% have said that they were no longer able to approach defend but still needed it. 11% of people said that their mental health had improved during the lockdown crisis.

In September 2020, 69% of people made their mental health much worse. 40% of answerers said that there was no academic counselor accessible to support students in their school. Only 27% had had a one-to-one communication with guide or teacher or any other member of academic faculty in which they were inquired about their eudemonia or welfare by the time they are done with their survey. There were only 9% of people who accept that there was more mental health support.

In January 2021, 75% of answerers accorded that they have found the current lockdown more difficult to deal with than the previous. 67% thought that the pandemic will have a long-term damaging effect on their mental health. 79% of respondents agreed that their mental health would start to recover when most restrictions were relaxed. ("Covid Impact On Young People With Mental Health Needs", 2021)

Numerous youngsters likewise featured an absence of assets and different boundaries to emotional well-being and prosperity support inside their school. These included:

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- Teachers not having adequate preparation or information to assist those battling with their emotional well-being – even though they were frequently seen to be making an honest effort.
- Long sitting tight records for school advising administrations, or past adverse encounters of school guiding keeping youngsters from looking for help once more.
- Schools signposting to help which youngsters didn't feel sure getting to (for example as a result of nervousness about calling a helpline), and an absence of casual in-school support.
- Concerns about security, with a dread of touchy data being conveyed back to their folks or carers.
- A discernment that youngsters with passing marks are viewed as intellectually well, even at the point when they are not, as is not getting normal registrations; a feeling that there was something else support accessible for those battling with the everyday schedule with tormenting than from mental wellbeing needs.
- An absence of instruction about emotional well-being (through exercises, congregations, and so on).
- Ongoing scholastic pressing factor, regardless of the acknowledgment of the emotional wellness effect of the pandemic and home learning ("Youngminds", 2021).

Numerous youngsters at college discussed outrage and disappointment at paying for convenience that they aren't permitted to live in, and at paying for courses when they are not having the experience or the scholarly help they anticipated. Some said that they could go for days not addressing anybody and missed the help from peers around them. Some said that the college anticipated that they should deliver a similar measure of work with less support from scholarly staff, and an absence of compassion or comprehension. Many communicated sensations of fatigue and burnout. A few youngsters doing pragmatic courses at the everyday schedule or college said that on the web learning was not fitting for their investigations ("Youngminds", 2021).

The current pandemic is a persistent stressor that can take a toll on mental and physical well-being, with long-term health consequences on pupils. Mistakes are believed to be the most common psychosocial and behavioral disorders

among children and young adults in an epidemic. Distractions appears to slow reaction time and degrade the performance to greater degree. Students are unable to deal with tensions and loss made by the epidemic. Loss of loved one during pandemic also affect them mentally. Additionally, the domestic violence rate in India is the highest in a decade during the COVID-19 lockdown. The innocence of a child is lost as they have to work to support their family financially, which also increased the child-labor number. This affected the quality of relationships between parents, children, and siblings. Children spend quality time on mobile phones, doing recreational activities such as watching web series, playing video games which is a distraction for them and lead to juvenile delinquency as they do not differentiate between right and wrong. The leisure activities made them also inactive and couch potato which influences their holistic development. For instance, girls suffered from puberty complications due to no physical activities during the lockdown, and also some were sexually assaulted and humiliated by society(Bakul J Parekh¹* and Samir H Dalwai² (2020))

Fear of Competition

Novel coronavirus is one of the unfortunate and students are the latest victims of this virus. Examination are compromised and it discourages serious students. Also who had taken coaching to clear their doubts were all in vain because without the examination students get the result. Output of this will be seen in future when they wouldn't take examination seriously and try to find out easiest way to be successful. Competition examine the commitment, pertinaciousness and intelligence of a person. It is a well known truth which exists everywhere. Charles Darwin said that "Survival of the Fittest", only the one who is able to compete can be deemed fit but due to "NO EXAMINATION" students suffer and now they have a fear of examination. An energetic, creative and visionary pupils are the future of our country. They acquire to learn new things, experiences and put forward new ideas and vision with the help of competition which is suffered due to lockdown.

CONCLUSION

It has been found that the COVID-19 pandemic is not just damaging the physical health of people but also corroding the pillars on which we have to construct our future. The increase in

the number of dropouts and employee dismissal has created a deep impact on our civilization. Students and employee are very much important for any country. It's really hard for people to go for education or to get a good job and once its lost its harder to get back normal in life. Right now it's heavy to get education or to get a job and for those who are fortunately continuing with their job or study for them life is now a hard nut to crack. As the advancement in cyber technology and sudden change in interacting and working climate create disaster in personal and professional life. And the flow of all educational program are at slush stage. As everything are now done inside the boundaries of house people have attended sedentary lifestyle. And this lifestyle has brought various health issues among children and young adults which could have a long term impact on them. On the other hand, the medical facility is at their critical stage all over the world, as the patients of other diseases except covid-19 are ignoring admission to hospital for treatment because of fear from COVID-19 infection. This fear is enough to make a wound into an incurable illness. Moreover, as people are handling multi-dimensional problem right now they are under tremendous mental pressure. The one who get some emotional or financial support from their friends, family or society, accept themselves to be very much blessed but, the one who are unfortunate to get any emotional or communicational support are tossing from mental agony and the quantity of these people are in domination. Student, adults, and nearly every young minds who are thinking about their future are in tremendous psychological stress. These mentally, physically and financially frustrated young minds are the future of our civilization. If nothing was done to make them comfort and stable than this frustrated generation of minds could create destruction and suffering for themselves. If we have to protect our future from the pain and suffering of present world, we have to work hard on creating a generation of sound mind.

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