

Increased Risk of Stress and Sleep Disturbance among E-Learners Due To Covid Lockdown

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Abstract: Due to the COVID-19 pandemic, lockdown across the globe has resulted in a major depression among the people making children and adolescents the most vulnerable group. E-Learning has also put pressure on them not only physically but also psychologically. The over usage of electronic gadgets will lead to disturbing and alarming side effects in the long run. Stress and increased usage of modern gadgets due to the pandemic times can lead to sleep deprivation ruining a healthy living. In this article, we put forward the ways in which lifestyle has become deteriorated during this pandemic and what we can do about it to overcome the hardships so that we can build a healthier lifestyle without becoming the victims of psychiatric and psychological disorders.

Keywords: Stages of Sleep, Circadian Rhythm, Daily Activities, Exposure to Light, Luxury Devices

BACKGROUND

Sleep is the best medication god has gifted for all the human beings and living creatures in the world to rest sometime of routine work. Now sleeping habit has been changed among human beings. Un-time sleep, nap after heavy meals, of the daily life due to COVID19 and over usage of time by spending on internet that result in increased risk of stress and sleep disturbance during this lockdown period and psychological irritation for being stayed indoor.

INTRODUCTION

Sleep is the state in which the body is not active and the mind is unconscious. Adults – 7 -8 hours of sleep essential. Each stage of sleep is important for our brain and body to maintain healthy. Even before the advent of corona virus, countless people were affected by insomnia. Now to add more to the same category, the COVID-19 pandemic constituting to create more sleeping disorders even in those who had no problems from it in the past. The working period has been reduced due to COVID19, which tempt to oversleep. Oversleepers may also feel groggy and irritable throughout the day.

BE CAREFUL WITH NAPS

It is best to avoid long nap. During the day time that can hinder the night time sleep.

NIGHT SLEEP

Quiet sleep alternate with the period of REM sleep and it helps to restore the mind which is important for both learning and memory.

Circadian rhythm (internal clock) helps in stimulating chemical to make brain to keep normal body temperature, blood pressure and release of hormone.

MERITS OF SLEEP

Sleep has proved beyond doubt that it boosts your immune system, helps in the improvement of your mental wellbeing, supports brain function, and improves cognition. There is substantial evidence that good increases our life span, boosts fertility, and prevents weight gain. It also helps in heightening the creativity, keeps heart in a healthy condition, reduces the inflammatory mediators and gives a glowing skin.

STRESS AND SLEEP DISTURBANCE IN E-LEARNERS

Stress and sleep affects 27% of our changes in mood. It has been evaluated after many subjective and objective experiments that depression and anxiety ridden persons are more liable to suffer from sleep deprivation. It has been postulated that there is a close contributory relationship between problems pertaining towards psychiatry and psychology.

It was found that the people who sleep lesser than five hours duration are found to suffer from upper respiratory tract symptoms more often and on a higher scale than those who sleep for more than seven hours.

When we sleep for a shorter duration than the normal required time, we may be put on a higher risk of Inflammatory Bowel Disease (IBD). The reflux of gastric contents would be happening at a more increased rate when there is sleep deprivation. In combination, this would lead to

the development of IBD and IBS (Inflammatory Bowel Syndrome) in a long run.

Our brain processes new information and it stores in long term memory during good sleep. Hence, sleep deprivation hinders this normal processing of memory and makes it difficult for us to retain the known information and sluggishness in processing the new information occurs.

Medical conditions like migraine, obstructive sleep apnea, and constant headaches have found to be having a positive correlation with sleep deprivation.

When there is troublesome sleep with reduced time in bed the probabilities to take nutrient deficit foods like snack items and fast foods are more. In this case we prefer to take food items rich in calories. This is especially true in case of children with sleep deprivation.

With this steep trend moving towards e-Learning, visual problems are on a hike. More people are becoming the victims of visual conditions like dimness of vision, tunneling of vision and double vision. The longer duration of utilizing these electronic gadgets have also caused more visual errors. The existing visual problems are also aggravated due to our lifestyle modification and sleep deprivation.

Due to sleep deprivation and easy fatigability, it has also been found that there is a decreased sexual activity with reduced drive. The frequency of engaging in healthy sexual activity has also been drastically affected.

On account of lack of quality sleep, it has been found that people have more irritability with disturbance and interruption during their daily activities.

Due to disruption of the routine among the e-Learners, there is an erratic change in the sleep schedule, no fixed meal timings are maintained, lack of movement and physical exercise, stress and anxiety are triggered by the pandemic and also by the lockdown situation that prevails as of now.

DISCUSSION

TIME ON INTERNET WHOLE DAY:

E-learning has become a routine since lockdown due to COVID-19 among students, faculty, IT workers. Checking news on our phone and joining zoom (webinar class), binge watching Netflix, putting extra hour working from home, online consultation by health care workers are especially stressful for the people to handle

It leads to improper bed timings. Level of melatonin (dropped), the blue light from screens that suppress the level of melatonin and also the sleep disturbance. No exposure to light at right time (sunrise) leads to disturbance in circadian rhythm. Lack of physical exercise leads to complications like diabetes mellitus, hypertension, obesity and the risk increases by the day.

CONCLUSION

Make sure you are not alone and surround yourself, spending quality time with elders, kids, lovable person, spending time with nature, look at sky, moon, stars, dancing,

going to jog, walk, cycling, yoga, deep meditation, deep breathing exercise, pressing the smiley ball, counting the numbers in reverse order, listen to soothing music, having own schedule for usage of mobile and playing online games.

Having a limited time allotted for working in front of all sorts of electronic devices is a need of the hour. In this pandemic time, due to lockdown, people using electronic devices are on the rise and this situation will cause long term side effects if it continues.

Thereby, the side effects are to be considered in order to prevent the long term complications. Educating the common people, creating awareness among them and explaining the cons of long time usage of such luxury devices will be of invaluable use for this current generation facing the COVID-19 crisis.

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