

‘PERMA a Profound Tool to Maintain the Mental Health of Students Fraternity During Corona Virus Lock Down’

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Abstract:

The purpose of this article is to change the mindset of students's negative thoughts, feelings, actions and to convert them into positive aspects through PERMA model during corona virus lock down period. This time is very crucial for all of us because COVID-19 (lipid coated RNA virus) has spread all over the world. Therefore, due to corona virus pandemic Indian government has temporarily shut down schools and colleges. In the present situation there is an uncertainty when schools and colleges will reopen. This is the critical time for education sector because board examinations, several universities graduation and post graduation examinations, entrance tests of several universities and competitive examinations are held during this period. In COVID-19 pandemic lock down most of the students are experiencing stress, anxiety, depression, eating disorder, loneliness etc. PERMA model (Positive emotion, Engagement, Relationships, Meaning and Accomplishment) can change negative behaviour to positive perspective like happiness, inspiration, gratitude, satisfaction, increase in self confidence, etc which will make the students mentally healthy and strong.

Keywords: COVID-19, Pandemic, Positive emotion, Engagement, Relationships, Meaning, Accomplishment

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I. INTRODUCTION

The Indian government forced to lock down the whole nation to prevent spread of Novel Corona Virus. Lock down is an emergency protocol that means to prevent the spread of infection from one person to another to protect ourselves and others. Consequently social distance and isolation is mandatory for all people. People are not allowed to leave their homes and move about freely. So this lock down has triggered an increase in the cases of stress, anxiety, frustration, insomnia, depression etc. The World Health Organization had earlier predicted that by the end of 2020 roughly 20 percent of the Indian population would suffer from mental sickness. That means today 250 million Indians may have mental illnesses. Schools and colleges are closed for uncertain period. Board examinations, graduation and post graduation examinations, entrance tests of several universities and competitive examinations are held during this period, most of the students are experiencing stress. College students specially in their final years are anxious about the job market, they are going to enter soon. Some parents of the students's have lost their jobs or their business has tumbledown, subsequently students are facing financial crises also. They have no money to survive. Due to lock down there are many other causes for stress in students. While stress and other mental health issues affect the students as well as parents, many psychologists are doing research on stress management. The PERMA model is very beneficial in this challenging time to improve students mental health.

II. INTRODUCTION OF PERMA MODEL

The PERMA model is developed by the American psychologist Martin Seligman who is a researcher with a

large range of experience in Psychology. The PERMA model is a broadly accepted and powerful model in a Positive Psychology. Positive Psychology is the scientific study of human happiness. It focuses on strength, eliminating weakness and building a good life. Martin Seligman recommended this model to enlighten and describe happiness in depth. According to Seligman "PERMA" is a short form for the five components of happiness: Positive emotion, Engagement, Relationships, Meaning and Accomplishment. Moreover, Seligman pointed out that every component of happiness and well being have three characteristics specifically-

- Every component has to contribute to happiness and well being.
- Each component has to be determined and measured freely from the other elements.
- All components are equally important.

III. POSITIVE EMOTIONS

Although pursuing only Positive emotions is not a very effective approach to increase happiness, but it is still an essential component. The word "emotion" is made up of two words "e" and "motion", which means that it is an electronic motion that arises in our mind with the evaluation of event. The situation that we undergo through decides what type of electronic motion will arise (happiness, sadness, anger, etc). We cannot control the arousal of negative electronic motion in our mind after a tragic or frustrating event, but we can control the gravity of the situation, we can stop any argument

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or conversation before it leads to a rise of negative electronic motion in our mind. If you learn to master this technique, then there are a lot of chances that you will lead a happy life. There are many aspects of happiness, but here we are talking about personal happiness in our day to day life. A simple way of being happy is appreciating yourself and others in every moment such as gratitude, kindness, interest, satisfaction, curiosity, joy, hope, optimism and inspiration.

IV. ENGAGEMENT

Engagement is about being completely absorbed by a present work. When we are occupied in particular activities that play to our strengths, we can feel a state called flow. When we are in flow, we reach our peak and we feel less anxious. Just take a simple example, you are doing any work. The more you get distracted, the more you will feel frustrated and anxious as your time would be wasted and your mental strength would decrease each time you get distracted. On the other hand when you focus on your work properly giving proper attention, you will save your time and mental strength which will lead to release of hormones in your brain that make you feel happy and pleased thus giving a positive effect. So, focusing on your tasks and neglecting distractions surely is a way to be happy.

V. RELATIONSHIPS

Positive relationships play a vital role in our happiness. Humans are social beings, therefore people need to connect with each other. Those people who maintain strong and positive relationships are generally more happy in life. Sharing your problems with your close ones reduces stress and anxiety and maybe they would give you a suggestion that could lead to the solution of your problem. Including your close ones in times of happiness is also important as their blessings and appreciation makes you feel proud and self dependent which is an important aspect for being happy.

VI. MEANING

Meaning in life comes from serving something that is bigger than self. To have a sense of happiness, outcome a purpose in life is necessary. Meaning is really subjective principle of the PERMA model.

VII. ACCOMPLISHMENT

Accomplishment is a sense of achievement. Having goals and achieving our goals and bettering ourselves is a part of accomplishment. Without a drive to accomplish and compete, we are missing a part of happiness.

This model gives us the complete outline for understanding happiness as well as the foundation of improving well being. If you want to be happier, you need to do is attention on-

- Focus on making the aim of your life meaningful. Change your mindset from body conscious to soul conscious
- Focus on achieving your goal, but don't be too rigid, try to balance your desires with all other important things in life.

These five characteristics of PERMA model are important for an overall sense of happiness.

VIII. IMPLEMENTATION OF PERMA MODEL

1. Positive emotions-The period of this lock down is very critical for students, so students must take care of their mental health. Gratitude, love, peace, kindness, humour, pride and optimism are the qualities essential for being happy. These emotions are overpowered by negative thoughts and overthinking. Therefore students should focus only on positive thoughts. The source of a person's thoughts is the information that he takes and gives importance to, as a result students must take in positive information and give importance to the positive thoughts. Once we start focusing on positive thoughts and make a habit of giving importance to them, then the habit of neglecting negative thoughts is automatically induced, which leads to a more happier life. Non-living things also respond to emotions, so we must show respect for every accessory that we use and we should be grateful to every person that we encounter in our life. This will lead to healthy relations and our perspective of life would change leading to a happy life.
2. Engagement-After learning how to stay positive, students should engage themselves in various activities. During lock down all the students have plenty of time to engage themselves in any extra curricular activity like singing, dancing, painting, making assignments, projects. Working on their hobbies would create a "flow". We all need something in our lives that absorbs us into the current moment, creating a "flow" of interest into the activity that we are performing, which enhances our emotional capabilities. Through these activities they can discover their talents and interests and this would lead to enhancement of their skills and creativity. When they master their hobbies, they would feel confident and it would give a boost to their self esteem and thus they would lead a happy life.
3. Relationship-Humans are social beings and it is quite necessary for them to maintain social relations for them to be happy. Because of lock down we have to maintain social distancing, nobody is able to meet their friends, colleagues and spend time with them. But this time is a good opportunity to spend more time with our family members. Spending more time together will strengthen the bond between the family members and the benefit of this investment will be obtained in times of hardship. Good social relations act as a medicine to overcome disappointment and setbacks. Sharing views and thoughts with family members will keep us mentally healthy and happy. Parents should spend more quality time with their children and keep them mentally and physically strong and active. Due to lock down students are not able to meet their friends and classmates, they can't play outside and

enjoy, but they can and they should communicate with their friends through call and messages. This is essential to maintain a healthy social life which is the major cause of mood swings in a person's life. This is the perfect time to strengthen bonds and getting emotionally attached with others, and understanding our needs and fixing our priorities and deciding where to invest time to remain happy.

4. **Meaning**—People want to nurture the best version of themselves and live a meaningful life. Everyone wants to grow their capabilities for love, empathy, originality, curiosity, work, honesty and intelligence. In this world maximum people are attached to materialistic things and they try to achieve them their whole life, but they don't know the actual meaning of life. People believe that earning more money will make them happy but they don't realise that money is a materialistic thing that helps us to better our lives and earn comfort but is not the source of happiness. The "meaning" is the crucial part of our life. It gives us purpose, makes us develop values and the ability to judge our activities and gives us a feeling of control in our lives. As students, the meaning of life is study well, choose good career and make life happy. Therefore students should choose a goal, which will make them more determined in reaching their objectives. When they start working to achieve their goal, they might not feel happy and confident and would give up on that task, but they should keep working on it until the task is finished. This will develop interest in them for their goal and keep them motivated. Students should do their very best and don't think to give up their goal, make practice again and again, believe themselves, maintain their confidence level and one day they would be able to achieve their goal. While struggling student should have a positive mindset and they should realize that these are life long process and they must complete their journey with joy and happiness.
5. **Accomplishment**—Life is a series of tasks or goals, so when we achieve our goal, we feel good. When we achieve a goal, we improve our skills and effectiveness, which leads us to set new goals to accomplish and makes us feel joyful and confident. Students should make sure that they set realistic and achievable goals. If they set goals which are out of their reach, they would not be able to achieve them and it would make them feel sad and depressed. If you fail in any attempt, don't give up, just remember that success is hidden behind every unsuccessful attempt, hard work and persistence are the key to success.

IX. SUGGESTIONS

- I. **Students** – Everyone has ability to accept the challenges and convert them into opportunities. This challenging time is a good opportunity for all the students.
 - They should spend more time on themselves. They can analyse their own weaknesses and strengths, work on their weaknesses and slowly finish them, to become a better person.
 - They can finish up all their pending work and also give more time to their hobbies.

- They can do yoga and meditation daily at a fixed time to make themselves physically as well as mentally healthy.

II. Parents— Provide a compatible family routine.

- Give some achievable work at home to develop a sense of responsibility.
- Take interest in your children's learning.
- Motivate your children to work on their interests
- Develop good habits in their children

III. Teachers— All students are studying online through different apps. Preparations of different competitive exams, graduation and post graduation exams and the classes of primary, secondary, senior secondary level have started now. The teachers should design the study material in accordance with the comfort of students. The teachers should appreciate the efforts of students and motivate them to achieve more and work harder and support them in their weak aspects.

X. CONCLUSION

Most people try to achieve what they don't have, they try to learn new abilities and unknowingly they ignore the talents that they have. One should not run for what he does not have, instead he should try to master the talent and abilities he has. Instead of focusing on what you don't have, you should try to be perfect in what you are good at. Instead of wasting your time in what you don't have, you should try and invest it in what you already have. This would give a serious boost to your self esteem and confidence leading to a happy life. The PERMA model gives a sense of direction to master these techniques.

XI. REFERENCES

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