



RESEARCH PROPOSAL

Table of Contents

Introduction	3
Rationale of the research.....	3
Aim and objectives.....	4
Brief Literature Review.....	4
Methodology of the research.....	6
Expected Outcomes.....	7
References.....	8
Appendix: Research Timeline	9



Introduction

Among the students, anxiety, depression, and eating disorders are extremely common. Considering the decreasing mental health among the students, the overall health and wellbeing of the students within Australia is becoming a matter of concern for the government. Australia has a number of immigrant students every year and they face different difficulties considering the different study and living conditions within the country. The study will focus on the effect of COVID 19 on the mental health of the students within Australia and the proposal has considered the different aspects of the future research. In addition to that the methods and the literature of the research has been considered as well.

Research topic

Effect of COVID 19 on mental health of students in Australia

Rationale of the research

What is the issue?

COVID-19 has disrupted all sectors across the world. It not only hampered the physical but the mental health of the people as well. With the changes within the environment people tend to feel unsafe and anxious. The fear of outbreak and infection along with the probability of isolation caused depression among the individuals in different places. People's response to fear and uncertainty led to negative societal behaviors (Usher *et al.* 2020). Therefore, the changes within the mental health of the people is a matter of concern for the healthcare workers and the government of the country as well.

Why is it an issue?

The incidence and severity of the poor mental health of the students both international and domestic is grabbing the attention of the health workers and the government within Australia. The Department of Education, Skills and Employment by the Australian Government engaged Orygen to consult with education sector staff and has identified different aspects of poor mental health among the students which is a matter of concern for the government (internationaleducation.gov.au, 2020). The difference among the demographics and backgrounds among the international students within the country and the changes within the systems of the education has increased the risks of poor mental health among the students.

Why is it an issue now?

COVID-19 has changed operations and proceedings of every sector and education is no exception. The changes within the procedures and the process of the systems of the education delivery and the implementation of the digitization within the education have changed the pace of the learning and teaching. Human interaction has become lesser than ever. On the other hand, the lockdown and social isolation has prohibited the international students from going back to their native lands. Therefore, there is a chance of homesickness and poor mental and physical health outcomes as well.

Aim and objectives

The main aim of the research will be to identify the impact of the COVID-19 pandemic on the mental health of the students of Australia. Considering the aim of the research following objectives will be considered within the research process

- To identify the changes within the education system due to COVID19 pandemic
- To analyse the impact of the pandemic on mental health
- To identify the changes in education after COVID 19 pandemic
- To identify the theoretical aspect of the mental health during the pandemic
- To examine the challenges within the mental health of the students in Australia considering the COVID 19 pandemic
- To identify the mitigating strategies to minimize the challenges within the mental health of the students

Research question

The research question will be as follows

What are the impacts of COVID 19 on the mental health of the students in Australia?

Brief Literature Review

The segment of the research paper will focus on the previous studies along with the gaps within them.

Analyzing the changes within education during COVID 19 pandemic

Within the short time of preparation, reassuring students and parents is a challenge for the educational organizations. Considering the different aspects of the changes within the education the organizations focused on remote education and learning. The pandemic has disrupted the

lives of students. The needs of the students are different considering their level of understanding and the programmes as well (Daniel, 2020). Therefore, the changes within education due to the pandemic have posed a threat on the level of the education and the preparation of the education as well.

Examining the impact of pandemic on mental health

Several factors including but are not limited to uncertain prognosis, severe shortages for testing and treatment, imposition of public health measures, large and growing financial losses and conflicting messages from financial authorities contributed to the poor mental health and increased the risk of damage and distress of the mental health among the individuals across the globe (Pfefferbaum and North, 2020). In addition to the sudden loss of employment and social interaction, changing patterns among the schooling increased the risks among the mental health of the individuals.

Analysing changes in education after COVID 19 pandemic

Most of the governments across the world closed the educational institutions in order to stop the spread of the COVID 19. Considering the changes within the education system most of the countries shifted towards the implementation of the remote education system and digitization within the education system. In China the initiative followed up by [Guidance on the Organization and Management of Online Teaching in the Higher Education Institutions During Epidemic Prevention and Control Period](#) (Zhu and Liu, 2020). Therefore, the changes within the education systems have an impact on the mental health of the students.

Theoretical aspect of mental health of students

Theory of Individual Psychology by Adler

As per theory, human nature and the foundation of superiority and inferiority is based on the early interaction with family members, peer groups and adults. In addition to that all human behaviour is striving for superiority (Oberst and Stewart, 2014). Proper mental health considers the goals in life and having proper philosophy for living, family and social life. Considering the depriving health within the students during the COVID 19 pandemic within Australia it has been identified that the students were facing depression and anxiety. The loss of philosophy and the loss of social life due to the measures of the pandemic was pushing the students towards poor mental health.

Identifying the challenges within the mental health of the students

Some of the major challenges during the pandemic are social distancing and health measures. Therefore, lack of human interaction and the changes within the lifestyle is a matter of concern. On the other hand, the implementation of new measures and the technology within education and less time to cope up with them posed a major threat to the changes within the organizations and the learning processes of the students as well.

Methodology of the research

Considering the nature of the topic of the research the methods and techniques of the research process will be considered.

Research philosophy

The researcher will focus on the subjective nature of the research. The knowledge of the research will be gathered through the implementation of experience of the researcher within the process. Therefore the interpretivism philosophy will be implemented within the research process (Alharahsheh and Pius, 2020).

Research approach

The inductive and deductive approach is being used in the research process. The deductive approach focuses on the generalization of the topic and then narrowing down towards the topic. In addition to that, the approach within the research considers the analysis of the existing theories related to the research topic (Woiceshyn and Daellenbach, 2018). Therefore, the deductive approach will be considered within the research process.

Research design

The descriptive research design will help the researcher to consider an in-depth research considering the different aspects of the research process. In addition to that the researcher can focus on the current phenomena of the research topic through the design of the research as well.

Data collection and sampling

The data will be collected through a secondary qualitative data collection method. Considering the secondary data collection the resources will consider the previous research related to the research topic. In addition to that the data will be collected from the previous journal articles, news articles, official and government websites and government documents.

The non-probability judgmental sampling will be considered within the research process as the sampling will be based on the experience of the researcher (Etikan and Bala, 2017).

Data analysis

The data will be analysed through the secondary qualitative thematic data analysis. The thematic analysis will help the researcher to develop an in-depth analysis considering the current phenomena of the research topic along with the different aspects of the research process. Considering the development of the themes the data collected through the secondary data collection method will be helpful for the researcher.

The data will be collected from reliable sources and without human participation there will be no issues related to emotional damage or distress.

Research Timeline

[Refer to Appendix]

Expected Outcomes

It has been identified that the mental health of the students during and after the COVID 19 pandemic is at risk. The challenges within mental health and the implementation of the remedies have been identified. With the implementation of the methods and the thematic analysis within the research process it will be helpful for the researcher to identify the different aspects of the mental health of the students within Australia during COVID 19 pandemic.

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Appendix: Research Timeline

Activities during research	1 st Week	2 nd Week	3 rd Week	4 th Week	5 th Week	6 th Week	7 th Week
<i>Developing problems</i>							
<i>Formulating aims and objectives</i>							
<i>Methodology followed in the research</i>							
<i>Literature search and review</i>							
<i>Collection of secondary data for research</i>							
<i>Thematic Analysis and interpretation</i>							
<i>Formulating conclusion and recommendations</i>							

<i>Final submission of the project plan</i>							
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