



Education, Stress, and their Impact on Mental Health



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Keywords

COVID-19;
education;
mental health;
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Abstract

The mental health of many people was affected after the COVID-19 pandemic, some still continue to have stress problems, this problem must be assimilated by society and manage to overcome this difficult stage, in this sense education plays a role essential. The objective of this proposal is to overcome the barriers and challenges faced by people who manifest these difficulties. A qualitative investigation was carried out, where a systematic review of the literature was used, in addition to using the descriptive method. The result was that the Education is an essential element to resolve the difficulties caused by stress, which allows strategies to be drawn up to improve the mental health of those affected.

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Summary

Education is essential for everything, fundamentally in the appropriation of knowledge, whether innate or received intentionally, it allows the development of processes that help people to behave appropriately in the face of any difficulty they encounter (Gilat & Cole, 2020; Tetro, 2020).

The COVID-19 pandemic left many people with problems not only of physical health; but also with mental health problems, many of these associated with the stresses acquired during the stage and that continued to develop for different causes. Stress is defined as the physiological reaction of the body in which various defense mechanisms come into play to face a situation that is perceived as threatening or of increased demand (Regueiro, 2023). This is a natural and necessary response for survival. When this natural response occurs in excess, an overload of tension occurs that affects the body and causes the appearance of diseases and

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pathological anomalies that prevent the normal development and functioning of the human body (Chick et al., 2020; Gruman et al., 2010).

In this sense, the World Health Organization (WHO) has stated that stress affects mental health and defines it as a state of worry or mental tension generated by a difficult situation, where all people have a certain degree of stress, since that it is a natural response to threats and other stimuli, it is the way in which one reacts to an event or that marks the way in which it affects well-being (WHO, 2023).

Some daily activities have been associated with helping to improve mental health, such as: daily physical exercise, eating healthy foods, maintaining healthy relationships with others, sleeping at least eight hours a night, taking time daily to relax and enjoy nature life, take time daily to learn and grow as people (Nasi & Schneider, 2010; Vindegaard & Benros, 2020).

People who are under stress face different barriers, such as the stigma associated with this type of problems, which can lead people to feel embarrassed or uncomfortable with talking about their problems and seeking professional help (Esteban et al., 2012; Jacob et al., 2020; Killgore et al., 2020).

To improve the state of people who present these health disorders caused by stress, strategies can be drawn up that allow them to have a normal social relationship (Caribe, 2013), these can be, first of all, through an educational process, raising awareness about mental health problems and their symptoms, have access to mental health services with professionals, they must have support from family, friends and groups that focus on offering training and exercises so that they can achieve improvement in the problems that overwhelm them (Wolf, 2009; Masarik & Conger, 2017).




In the education sector, people with health problems derived from stress must be treated equally and without stigma, they must be offered support and opportunities to join the community, so that they can meet their needs in an environment healthy that it develops at its own pace besides (Koolhaas et al., 2011).

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