CHAPTER THIRTEEN

Effects of COVID-19 Outbreak on Students and Youth Meta-Cognitive Skills in Kogi State.

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Abstract:
Effects of COVID-19 outbreaks on students and youth meta-cognitive skills in Kogi State. There has been a continuous outcry of corona virus outbreak in the world now including Nigeria called COVID-19. It is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) same type of common cold and cough. Generally it affect areas such as face, eyes, throat, mouth, hands and lungs. COVID-19 exhibited several symptoms which include fever, Cough, weakness of the body and shortness of breath. In more severe cases of infection, it can cause pneumonia or breathing difficulties which the disease can be fatal. This paper attempts to discuss the causes, symptoms and suggestions as well as control measures as it affects students and youth meta-cognitive skills in Nigeria, Kogi State in particular. Recommendations such as washing of hands with alcohol-based sanitizers of a least 60%, social distancing and wearing of face mask were made. It was concluded that since the outbreak of Corona Virus disease COVID-19 has been declared a Public Health Emergency of Internal Concern (PHEIC). All the necessary precautionary majors should be taken to avoid further spread by students and youth therefore boosting their meta-cognitive skills during and after COVID-19 pandemic.

Keywords: COVID-19, Students, Youths, Meta-Cognitive Skills

Introduction

COVID-19 is a disease caused by a new strain of corona virus. Co stands for corona, Vi for virus and d for disease. This occurred in the period of 2019 and was referred to as COVID-19 virus which is a new virus linked to the same family of viruses as Severed Acute Respiratory Syndrome (SARS) and some types of common cold and cough. It generally affects areas such as face, eyes, throat, mouth, hands, and lungs (Lisa,2020). According to World Health Organization WHO (2020) COVID-19 exhibited several symptoms which includes fever, cough, and weakness of the body and shortness of breath just to mention a few. These symptoms are similar to the flu (influenza) or the common cold and in more severe cases; infection can cause pneumonia or breathing difficulties which can be fatal. This is why testing is required to ascertain if someone has COVID-19. The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can be infected from touching surfaces contaminated with the virus and touching their faces via, eyes, nose, and mouth. The virus may survive on surfaces from several hours but simple disinfection can kill it, COVID-19 affects people every day. Older people and people with chronic medical condition such as diabetes and heart disease appear

to be subjective to developing severe symptoms. This is a new virus and research is ongoing to learn more about how it affects children with pre-existing medical conditions.

Regarding the treatment of COVID-19, no vaccine is discovered but symptoms can be treated and getting early from a healthcare provider can make the disease less dangerous. These are several clinical trials or experiments that are being conducted to evaluate potential therapeutics for COVID-19. By making the spread less effective public health measures are recommended every day to take preventive actions that include staying at home when sick, covering mouth and nose with flexed elbow or tissue when coughing or sneezing, and dispose of used tissue immediately in the waste bin. Others are washing hands often with soap and water, as well as cleaning frequently touched surfaces and objects as protective measures (UNICEF, 2020) The protection of children and students as well as youth together with educational facilities is particularly important. Precautions are necessary to prevent the potential spread of COVID-19 in schools' settings; however, care must also be taken to avoid stigmatizing students and youth who may have been exposed to the virus. Youth is best understood as a period of transition from dependence of childhood to adulthood dependence. That's why as a group youth is more fluid than other fixed age groups. Also, the United Nations for statistical purposes defines youth as those persons between the ages 15 and 24years without prejudice to other definitions.

In the same vein, the Secretary-General first referred to the current definition of youth in 1981 according to his report to the General-Assembly on international youth day (A/36/215, paragraph of annex); that the term youth varies in different societies around the world. Yet age is the easiest way to define this group particularly in relation to education at all levels particularly as COVID-19 pandemic affects the youths in Nigeria and Kogi-State in particular. Since youths are the largest group, awareness on COVID-19 must be totally spread wide in terms of maintaining the laws governing the outbreaks. Especially with the changes in environment on COVID-19 pandemic on youth, demographic, financial, economic and socio-cultural settings can never be over emphasized. Some youths in kogi-State that are not learned can be given proper orientation to reduce the spread at homes, communities and markets places as well as churches and mosques. It is important to remember that COVID-19 does not differentiate between borders, ethnicities, disability status, ages or gender. Measures taken by schools generally can prevent the entry and spread of COVID-19 by students and their meta-cognitive skills while learning. Meta-cognitive skills are those skills that allow students to construct learning on his/her own. Meta-cognition is a critically important yet often overlooked component of learning (Lovett 2008). Effective learning involves planning and goal setting by monitoring one's progress and adapting as needed (Nahed, Khaled & Aljundi 2017)

Meta-cognition means cognition about cognition or knowing about knowing which students engaged in every day generally which they learn how to learn new concepts (Ibe, 2009). Students control these processes by organizing, monitoring and modifying as well as evaluating Javagraba & kanamani (2017). Meta-cognitive skills are equally useful to make students aware of these processes (Chun-Y & Hsiu-Chuan-UU, 2011) that knowledge previously learned influences the acquisition of new knowledge and learning can essentially be by rote memorization (Omunigbo & Eze 2009).

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All of these activities are meta-cognitive in nature and students need them (Aurah, 2013). By teaching students these skills, all of which can be learned in schools Blackwell (2007). COVID-19 has lockeddown schools therefore students' meta-cognitive thinking and their skills may be drastically affected in the sense that students need to be interacted, discussed, and talked to as when in schools. The outbreak of corona virus diseases COVID-19 has been declared a Public Health Emergency at International Concern (PHEIC) and the virus has now spread in many countries and territories. This can be caused by direct contact with respiratory droplets of an infected person generated through coughing and sneezing individuals can also be infected from touching surfaces contaminated with the virus and touching their faces e.g (eyes, nose, mouth) while COVID-19 continue to spread, it is important that communities take action to prevent further transmission by reducing the side effects of the outbreaks and support control measures. The protection of children and educational facilities is particularly important to look unto, precautions are necessary to prevent the spread of COVID-19 in our schools all over the world and particularly in Kogi-State and Nigeria. However, care must be taken to avoid stigmatizing students and youth who may have been exposed to the virus. Care must also be taken because COVID-19 does not differentiate between ages or gender. School setting should continue to be welcoming and a supportive environment to all. Measures must be taken also to prevent the entry and spread of COVID-19 by students who may have been exposed to virus.

Having information and facts about COVID-19 will help diminish students' fears and anxieties around the diseases and support their ability to cope with any secondary impacts in their lives. The guidance provides key messages and considerations for engaging school students and youths as well as children themselves in promoting safe and healthy schools. The purpose of this study is to provide clear and actionable guidance for safe operations through the prevention, early detection and control of COVID-19 in schools and other educational facilities so as not to affect students' meta-cognitive skills before and after the pandemic. Education can encourage students to become advocates for disease prevention and control at home, in schools and in their communities by talking to each other about how to prevent the spread of viruses. Maintain safe school operations or reopening schools after a closure requires much consideration but if done well, can promote pupil's health.

Students and COVID-19
Students and young people should understand basic age (and) appropriate information about corona virus diseases (COVID-19) including its symptoms, complications, how it is transmitted and how to prevent transmission. Students should stay informed about COVID-19 through reputable sources such as UNICEF, WHO and National Health Ministry advisors .In a situation such as COVID-19 pandemic, it is normal to feel sad, worried, confused, secured or angry, know that you are not alone and talk to someone you trust, like your parents or teachers so that you can help keep yourself and your school safe and healthy by washing your hands frequently always with soap and water for at least 20 seconds, remember to not to touch your face, do not share cups, eating utensils, food or drinks with others, be a leader in keeping yourself your schools and communities health by sharing what you learn about preventing disease with your family and friends especially with younger children, practice good practices such as sneezing or coughing into your elbow and washing your

hand s, especially for younger family members. Other practices include avoiding stigmatization among peers or any one about being sick. Also, by telling parents, family members or care givers if you feel sick and ask to stay home.

Youth and COVID-19

COVID-19 is a new virus and we are still learning about how it affects the youth. We know it is possible for people of any age to be infected with the virus, but so far there have been relatively few cases of COVID-19 reported among the youth for it mostly affect the old, the virus can be fatal in most cases. Therefore, youth should follow the following measures:

a. Know the latest facts; understand basic information about corona virus disease (COVID-19) include its symptoms complications.

b. Recognize the symptoms of COVID-19 such as coughing, fever, shortness of breath in youth as most of them may not be learned. Youth may be adviced to follow the steps for hand washing.

Step 1: wash your hand with safe running water.

Step 2: apply enough soap to cover wet hand.

Step 3: scrub all surfaces of the hands including backs of hands, between fingers and under-nail for at least 20 seconds.

Step 4: rise thoroughly with running water.

Step 5: dry hands with a clean dry cloth, single-use towel or hand drier as available.

The youth are encouraged by washing of hands especially before and after eating, after blowing your nose, coughing or sneezing going to the bathroom toilets/latrines and whenever your hands are visibly dirty. If Soap and water are not readily available one may use an alcohol-based hand sanitizer with at least 60% alcohol.

Conclusion

The following conclusion is made that: Since the outbreak of corona virus disease COVID-19 has been declared a Public Health Emergency of International Concern (PHEIC) and the virus has crossed territories. While a lot is still unknown about the virus that causes COVID-19, it is said that it is transmitted through direct contact with respiratory droplets of an infected person generating through coughing and sneezing. Individuals can also be infected from touching surfaces contaminated with the virus and touching their face (e.g eyes, nose, and mouth). While COVID-19 continues to spread, it is important that communities, students may engage in distance learning with the use of internet to help keep their meta-cognitive skills on by reading at home and maintaining social distancing among themselves while youths take action to prevent further transmission by obeying COVID-19 protocols, reducing impacts of the outbreak and support control measures when schools reopens

Suggestions The following suggestions are made

1. Always wash hands with soap and water, if hands are visibly dirty.
2. Use an alcohol-based hand sanitizer with a least 60% alcohol.
3. Cough and sneeze into a tissue or your elbow and avoid touching your face, eyes, mouth, and nose.

4. Ensure that safe drinking water is available and toilets or latrines are clean and available at home.
5. Use of protective wears such as face mask, hand glove, boots etc.
6. Do not share cups, eating utensils, food or drinks with other.
7. Sick ones should seek a medical attention while in isolation.
8. Unnecessary touching of face should be avoided.
9. Social distancing should be encouraged.
10. Bathing with warm water is encouraged as the virus cannot thrive outside cold environment.
11. Disinfect frequently touched surfaces and objects.
12. Avoid outdoor events.
13. Adopt online learning strategies.

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