

A Study On Consequence Of Covid-19 On Psychological Well Being Of Students In Higher Education

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Abstract:

Covid-19 pandemic started in 2019 due to corona virus outbreak, it has brought terrific changes in human life. It started during December 2019 in Wuhan Province, China. Due to pandemic situation lockdown was imposed by Indian Government so they restricted the movement of people from one place to another. All segments of the population were severely affected by the spread of Covid-19; one of the most affected segments is education. The way of learning has changed drastically,

During the pandemic period, the Education sector transformed the way of teaching like students should attend the class through online mode by using Google meet, zoom & Microsoft teams etc. This shift from physical to virtual/online learning has definitely led to a lot of stress and anxiety problems among the school and college students. The Education sector quickly adopted the online class scenario but it took toll on the psychological well being of students.

Many students particularly in India were not equipped with the required technology which was a major cause of stress. Indian colleges closed in March 2020 to reopen in February 2021 but due to the second wave of covid-19 the colleges again closed in the month of April 2021. Everything changed in a matter of two months and again the online class scenario emerged. The higher education institutions changed the way of teaching and learning process which made the students life difficult and stressful due to continuous monitoring of Electronic devices.

INTRODUCTION:

Covid-19 pandemic started in 2019 due to corona virus outbreak, it has brought terrific changes in human life. It started during December 2019 in Wuhan Province, China. Due to pandemic situation lockdown was imposed by Indian Government so they restricted the movement of people from one place to another. All segments of the population were severely affected by the spread of Covid-19; one of the most affected segments is education. The way of learning has changed drastically,

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OBJECTIVE

This study aims to find the effect of the pandemic period on the psychological well being of higher education institutions (HEI) students by analyzing the stress level.

METHODOLOGY:

A structured questionnaire was used to collect data from a small sample of 150 HEI students. The data was collected through Google forms. Secondary data was collected from websites, journals and magazines. The period of study was May 2021, immediately after the closure of HEI due to the second wave of covid-19.

RESEARCH TOOLS

Alleged stress scale ASS 4 was used to assess the stress level of HEI students. ASS (PSS) is a broadly used mechanism to calculate overall stress in the most recent month of the respondents. As the second wave started in the month of May 2021 this scale was used. A 5-point Likert scale (ranging from 0 = "never" to 4 = "very often") was used to grade the levels of perceived stress. The ASS score ranges from 0 to 16 with higher scores indicating higher levels of perceived stress.

ANALYSIS AND FINDINGS

The study was conducted on students during the COVID-19 second wave outbreak to assess the psychological wellbeing during a pandemic situation, stress in particular. The analysis and findings are given below,

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Fig 1. Represents the demographic details of participating college students. 61% are female and 39% are male.

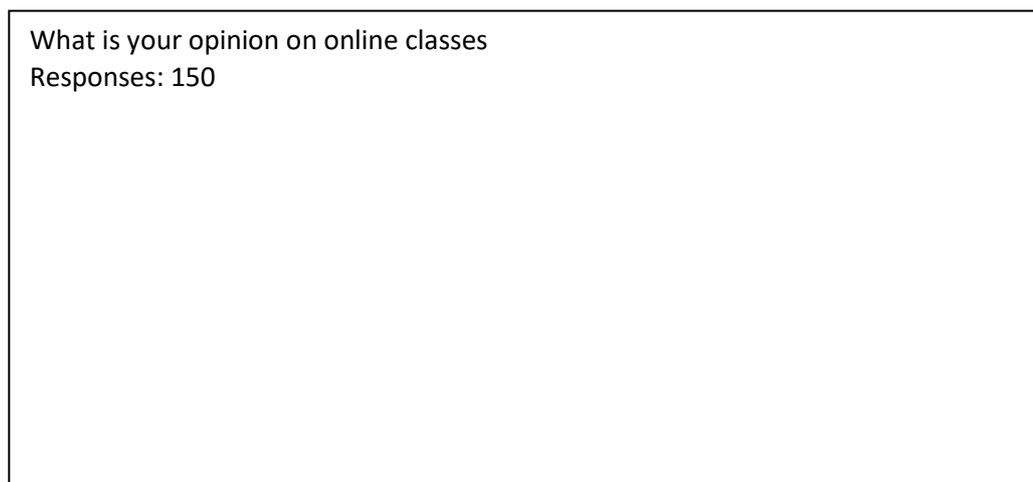


Fig 2 Opinion on online classes

Fig 2. Shows the opinion of students on online classes. 73.2% are ok with online classes, 14.6% of the students are not interested in the online classes and only 12.2% enjoy online classes.

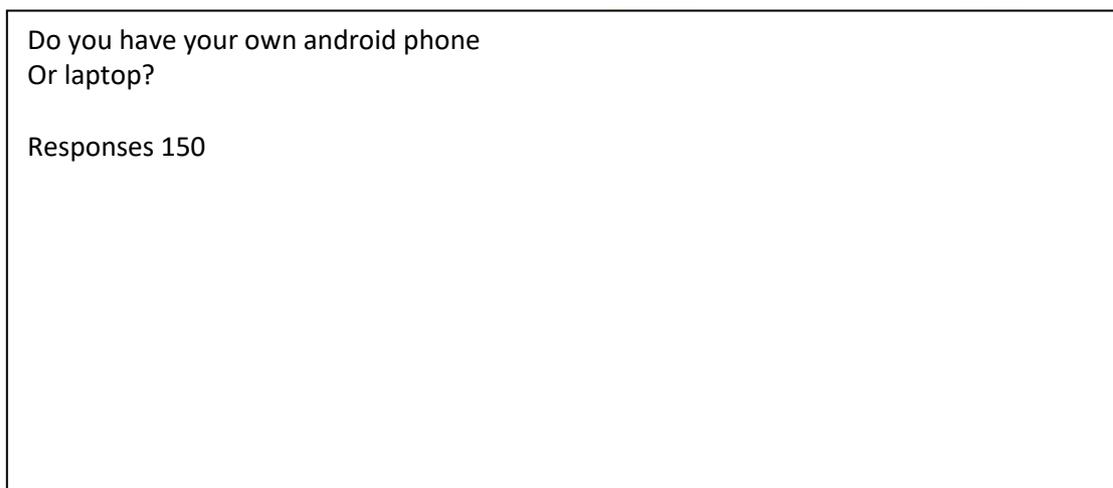


Fig 3. Represents the number of students with an android phone or laptop for attending their online classes. 92.7% have adequate technology to take up their online classes.

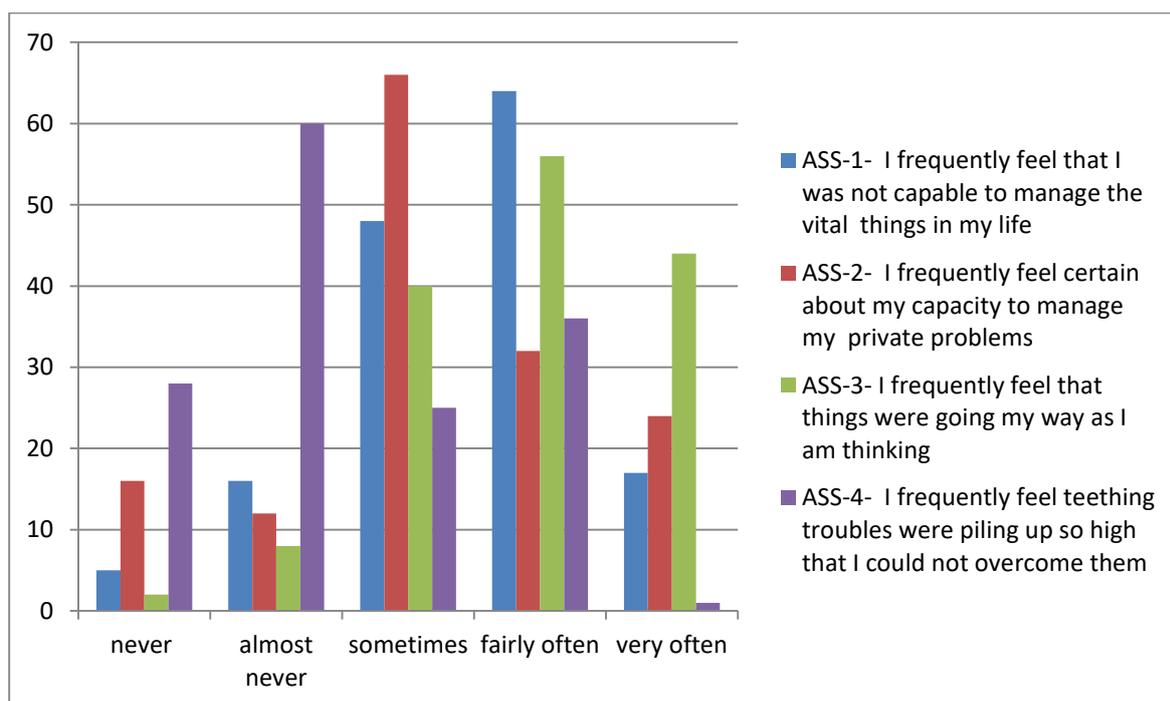


Fig 4 Alleged Stress scale (ASS-4)

Fig 4. Shows the Alleged Stress Scale 4 (ASS-4) of the response given by students. The questions in this scale ask the students about their feelings and thoughts during the last month. The students answered to 4 questions on 5 point scale (ranging from 0 = "never" to 4 = "very often").

From this data the score of each student out of 16 was calculated. 0 to 8 was considered less stress and 9 to 16 as high stress. Based the scoring the following table was prepared.

Table 1 Stress level of Students

Stress Level of Students	No of Respondents	Percentage
High Stress (score 9 to 16)	110	73%
Low Stress (score 0 to 8)	40	27%
Total	150	100%

Table 1 shows that 73 % of students scored around a total score of 9 to 16 in the Alleged Stress Scale 4 (ASS-4) which means they are highly stressed and 27% of students were less stressed with a total score ranging between 0 to 8.

Table 2 Relationship between Stress level and Opinion on Online Classes

Stress Level	No of students	Opinion on online classes	No of students
High stress (score 9 to 16)	110	Not interested in online classes	18
		Ok but not interested with online classes	92
Low stress (score 0 to 8)	40	Enjoy online classes	19
		Ok and enjoyed with online classes	21
Total	150	Total	150

Table 2 shows the students who were not interested in online classes and who were ok but not interested with online classes had high stress, whereas the students who enjoyed online classes and who were ok and enjoyed with online classes had less stress.

CONCLUSION

The student's psychological wellbeing is determined on the basis of their stress level in any given situation. This pandemic has a negative impact on the college students. College students are stressed due to online classes, fear of future due to uncertain placement opportunities, home isolation and financial insecurities in the family. The student's psychological wellbeing must be ensured by taking steps to reduce their stress levels by providing proper guidance and counselling. The education sector will definitely come out of these uncertain times.

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