



# Online survey on stress and anxiety due to lockdown on students residing in hostels and at home

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## Abstract

**Introduction:** - In India voluteer curfew named as *janta curfew* was imposed on the evening of 23<sup>rd</sup> March 2020, lockdown 1.0 was announced for 21 days without any prenotice. Students who are went different places for studies stuck at their place in the lockdown. This situation is difficult for the students as there is no classes at the institution and they have to just stay in the hostel in this pandemic situation. **Aim:** - To evaluate and compare the psychological impact of lockdown on students residing in hostels and homes of lockdown and covid-19. **Methodology:** -An online link was generated and on which students have to fill a questionnaire, which was prepared by researcher with sociodemographic details. **Results:** - There are 208 responses which we get on our generated link between 29<sup>th</sup> March 2020 to 22<sup>nd</sup> April 2020. 100 of them were residing at home, 106 at hostel & 2 were at their relatives' place. In total number of students residing in hostels and homes 38.5% of them were moderately impacted, followed by mildly impacted 33.7%, severely impacted 22.6% and least at no impact with 5.3% students. After applying Independent sample t-test we found that students residing in hostels ( $t=8.92$ ,  $p=0.000$ ) are significantly psychologically impacted more than students residing in home, there might be number of causes behind it.

**Keywords:** - Covid-19, lockdown, emergency, hostel, home.

## Introduction

As Covid-19 continue to spread all over the world initially it was started from Wuhan, China but did not seems to be an emergency situation for India untill WHO declared it is as an emergency situation on 30 January 2020 and on the same day the first case in India of Covid-19 was traced, but it did not seems to be national emergency for India as the number of cases did not rises in the initial period and people who were coming from international travelling were imposed to 14 days quarantine at home. This might be the reason that cases in India intially did not rises. When voluteer curfew named as *janta curfew* on 22<sup>nd</sup> March 2020 was imposed the cases were in three digits and International flights were suspended from the same day. But in the evening of 23<sup>rd</sup> March 2020, lockdown 1.0 was announced for 21 days without any prior notice. People who were away from their home stuck at that place like migrant workers in metro cities, students at the place where they were studying, as students migrant to big cities for better education but in this situation it is hard for them to stay in the hostel because as institutions or coachings were closed. Pandemic is a situation of emotional

challenges. Despite number of precautions which were followed by people like hand washing, covering face etc, but it is hard for someone to safe him/herself from this virus who is staying outside their home towns. This situation seems to be very unpredictable for everyone who was surviving in this pandemic as after lockdown 1.0 immediate lockdown 2.0 was announced, so people or students who were thinking that situation is going to be normal after first lockdown was wrong.

Students who were staying away from their home were have feeling of insecurities, it is a psychological trauma in itself that they do not have their family members to share their emotions and feeling in this pandemic, the sense of security which a child in the presense of their parents or Guardian was absent in this situation. Feeling of lonliness, insecurity related to future, guilt of not studying, changes in time table were the effects of lockdown. According to Wisdo, a peer-to-peer counseling community, “pandemic anxiety is almost three times more worrying to this age(students) group than any other stress-creating experiences pre COVID-19.” As students are at their learning phase, this pandemic retarded their learning phase.

Students are connected to technology and remain updated, so they clear idea about the situation as cases in India are rising and still government have no idea about when the colleges were reopened or situation get normalised. All these exposures increased anxiety, hopelessness and helplessness in the students. Although students don't come under vulnerable group, if they get infected from covid-19, this age group will easily recover but psychological impact of this virus and lockdown is threat to their mental health. A study conducted by Wenjun Cao et.al 2020 in China on 7143 students of Hubie province suggested that About 24.9% of college students have experienced anxiety because of this COVID-19 outbreak and Living in urban areas, living with parents, having a steady family income were protective factors for college students against experienced anxiety during the COVID-19 outbreak.

Students who are at their last year of examination or who are going to give any entrance exam are under more stress because as per government orders students are promoted to their next year of classes but final year student have to prepared for examination in this pandemic. Other stressors such as economic condition, monotonous routine, etc are positively related to symptoms of anxiety, whereas social support is negatively related to anxiety (Wenjun Cao et.al 2020). To compensate the classroom education online classes has been started but *Is it accessible to everyone?* One girl in Kerela commits suicide just because she missed her online class. According to her father she was depressed due to not attending online classes. Students need psychological support in this pandemic otherwise they are susceptible for doing such dangerous steps. Social isolation and feeling of incompetence at home might be the disturbance cause among students because of their decreased activities and less involvement in studies.

Students who are residing in hostel have lack of social support which is provided by family members and parents during this pandemic. This pandemic is a psychological trauma for every person in itself as pandemic threatened the existence of the respondents to a great extent and affected their mental status negatively (C. Kaustav, Chatterjee M, 2020). Lockdown has provided an opportunity to assess the psychological impact of covid-19 and lockdown itself. This study is first kind in itself which is assessing the psychological impact of lockdown on students residing in hostels and homes.

### **Aim of the study**

- To evaluate the psychological impact of lockdown on students residing in hostels and homes of lockdown and covid-19.

### **Objectives**

- To assess and compare the psychological impact on students residing in hostels and homes of lockdown and Covid-19.

## Hypothesis

**H<sub>0</sub>**-There will be no significant difference on psychological health between students residing in hostels and home during lockdown and covid-19.

## Material & Method

**Self prepared Questionnaire:** - This self prepared questionnaire consists of 15 questions which has to be rated on likert type scale. Items should be responded on 5-point Likert type scale- 1) Not at all, 2) Little, 3) Moderately, 4) Mostly, & 5) Completely. The questionnaire cut offs were set as on the total number of scores. Here they are: -

1-15 – No impact, 16-30 – Mild impact, 31- 44 – Moderate impact & 45-75 – Severe impact

**Table 1- Showing items of self prepared questionnaire on psychological impact of lockdown and Covid-19.**

<ol style="list-style-type: none"> <li>1. Do you feel comfortable in the current lockdown situation?</li> <li>2. Do you feel uncomfortable with social distancing?</li> <li>3. Do you notice changes in your sleep pattern in current lockdown situation?</li> <li>4. Are you able to enjoy with your family members in the current lockdown situation?</li> <li>5. Do you notice changes in your eating habits in the current quarantine situation?</li> <li>6. Do you feel anxious in current quarantine situation?</li> <li>7. Do you have fear of infection (Covid-19) due to pandemic?</li> <li>8. Do you notice changes in your work performance in present situation?</li> <li>9. Are you spending more time in watching news channels than before?</li> <li>10. Are you spending more time on social media for getting update about the current situation?</li> <li>11. Do you feel more irritable due to lockdown?</li> <li>12. Do you feel isolated due to lock down?</li> <li>13. Do you feel fear of death due to infection (Covid-19)?</li> <li>14. Do you feel that your hand washing habit increase due to corona virus?</li> <li>15. Do you notice changes in uploading pictures, selfies, etc on social media like Facebook/whatsApp/Instagram etc during lock down?</li> </ol>
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This study was conducted online, initially a google doc. Link was created in which participants have to fill out sociodemographic details and self prepared questionnaire. This link was sent through social media Applications like WhatsApp, Facebook, etc. The responses were kept confidential and anonymous. The link was first circulated on 29<sup>th</sup> March 2020 and accepting response was closed on 22<sup>nd</sup> April 2020. It was clearly mentioned in the invitation of survey that it is completely volunteer and it will take around 10 minutes to fill out the whole questionnaire. Total 208 responses were received in this time period.

## Selection Criteria

### Inclusion Criteria

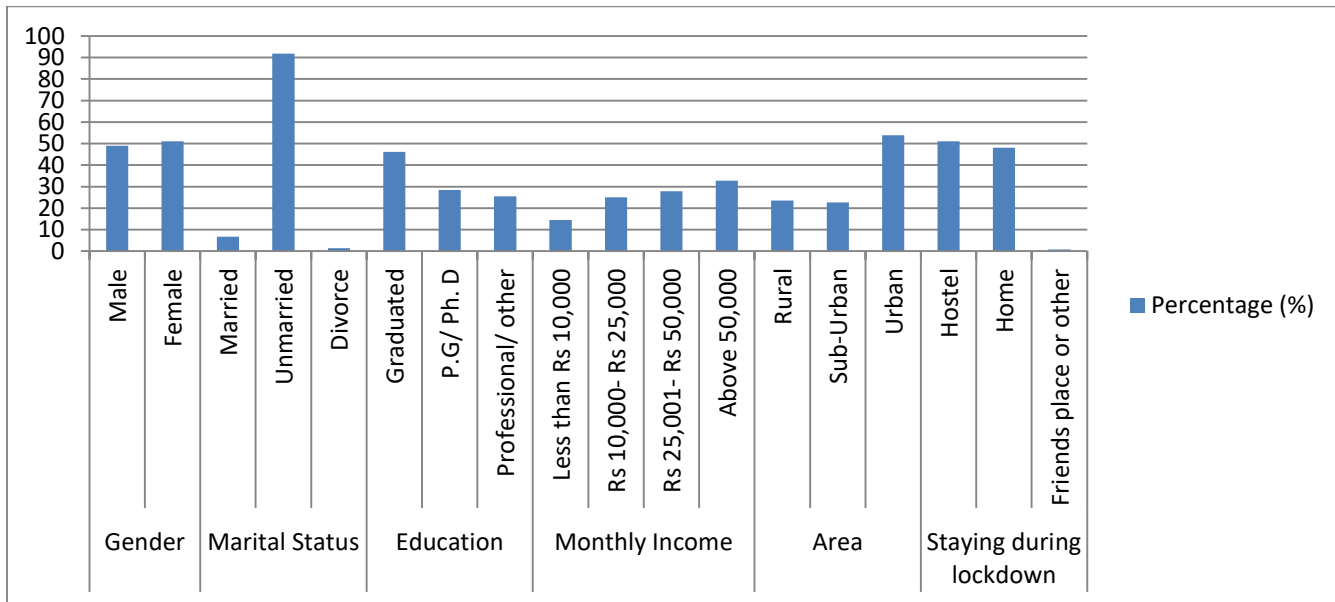
- Any gender
- Educated upto Graduation
- Age above 18 years
- Students who give consent

### Exclusion Criteria

- Students who did not give informed consent
- Students who are with disability like visual impairment, hearing problems

## Results

**Table 2 – Showing sociodemographic details of the participants**



Total sample was 208 in which most of the respondent in the study were female (51%), unmarried (91.8%), graduated (46.2%), urban area (53.8%) and were earning monthly income of above Rs 50,000 (32.69%). [Showing in Table 2].

**Table 3- Total number of responses on questionnaire: -**

Variable	Frequency	Percentage (%)
No Impact	11	5.3
Mild Impact	70	33.7
Moderate Impact	80	38.5
Severe impact	47	22.6

Total number of students residing in hostels and homes 38.5% of them were moderately impacted, followed by mildly impacted 33.7%, severely impacted 22.6% and least at no impact with 5.3% students.

**Table 4- Showing comparative results of students residing in hostels and homes.**

Variable	Group	Mean	S. D	t value	Sig value
Staying during	Hostel	26.83	10.41	8.92**	0.000
	Home	41.63	13.14		

\*\* significant at 0.01 level (2-tailed)

Table 4 indicated that students residing in hostels ( $t=8.92$ ,  $p=0.000$ ) are significantly psychologically impacted more than students residing in home.

## Discussion

This study was conducted in the initial phase of lockdown 1.0 to till lockdown 2.0. So, it is clear that it was just beginning phase of covid-19 and lockdown, when cases in India were in thousands. Now lockdown has removed but covid-19 infected cases are rising with a steep slope.



Sociodemographic profile of the students suggested that majority of them were from urban area, as in urban area people are more dependent on the things provided other sources, whereas at that time this disease did not spread to rural areas. On the other hand, students residing in hostels are there just for educational purpose, where they are facing number of precautions related to pandemic and it is hard for them to manage situation in this pandemic. Loneliness is the major factor for them which is associated with hopelessness and helplessness. Although isolation helps in achieving the goal of reducing infections, reduced access to family, friends, and other social support systems causes loneliness increasing mental issues like anxiety and depression. (Zhou et al, 2020). Uncertainty related to future events, postponement of examination and no idea when they will reach. Though after the second phase of lockdown government initiative was started to send students their home town from their hostel or institutions. The important unexpected finding of this study is that there is difference between psychological impact of lockdown and covid-19 on students residing in hostels and homes. Initially when cases of covid-19 in India was rises there were bombard of news and facts about corona virus, & for student it was easily accessible as they remain update through various sources of social media, so extensive exposure can be the cause of anxiety among this population. Our hypothesis is rejected that there is no difference between their mental health, as students who are at their homes have psychologically and socially support from their parents & family members. Nevertheless, prolonged lockdown had several adverse impacts on mental health, especially among the second- survey respondents aged 12-21.4 years who demonstrated a higher psychological impact of COVID-19. This age group mainly comprised of students who were affected by prolonged school closure, requiring online education support and uncertainty about examinations and matriculation arrangements. (Wang. C et al. 2020). Their sleeping pattern and eating habits have changed become more irritable in this period.

## Conclusion

Covid-19 is such an unwarn pandemic situation for which humankind was not ready. Still people are dealing with it like our frontline warriors but parallelly the people who are sitting at home have not enough psychological, social and economical support, so when the cases of covid-19 are reaching to its peak with 1 lack in 10 days ( on 13<sup>th</sup> June 2020) they are coming outside for their jobs & other duties, students have their online classes and examination are due till date. So, uncertainty about future and various economical issues with psychological support works with students residing in hostel, that is the they are impacted more than students residing at their homes. As living in oother place for education create competence among students but in this pandemic this competence attitude is reason behind their poor psychological health.

## Future Directions

Future studies should look into the direction for large sample size which should be the representative of whole students all over India. Stuructured questionnaire can be used to asses the psychological impact of covid-19 special reference to rural areas because in pandemin online classes has replaced classroom classes, still in India rural areas do not have better internet facilities.

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