



PERCEIVED STRESS AMONG STUDENTS DURING COVID-19 PANDEMIC

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ABSTRACT

Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period (Philips.A.C,2013). The World Health Organisation defines Covid-19 pandemic as an infectious disease caused by a newly discovered coronavirus called SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2). 'CO' stands for corona, 'VI' for virus, and 'D' for disease (World Health Organisation, 2020). The study aimed to find the perceived stress among students during Covid-19 pandemic based on gender. The sample included a total of 80 students within the age group 16-23 years. 40 males and 40 females were selected using purposive sampling technique. The perceived stress scale (Cohen, 1983) was used for data collection. The data was analysed using mean, standard deviation and independent sample t-test. From the results it was clear that the perceived stress is almost the same among male and female students and there is no significant difference in the perceived stress among students across gender.

KEYWORDS : Perceived stress, Covid-19

INTRODUCTION

The World Health Organisation defines covid-19 pandemic as an infectious disease caused by a newly discovered coronavirus called SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2). This disease was first reported in Wuhan, China on 31 December 2019. Covid-19 spreads between individuals through near contact with the contaminated individual. Due to the sudden flare up of Covid-19 pandemic distinctive nations over the world imposed lockdown. Many countries suspended activities of educational institutions. Students have to depend on the internet and television for their learning purpose. Students have to adapt with the new method of education. Disappointment to adjust the monotonous everyday schedule and learning at home can make issues in psychological perspective.

Hans Seyle in 1936 defined "stress is the non specific response of the body to any demand". Students life is subjected to different kinds of stresses during the Covid-19 period such as financial problems, heavy academic load, confined environment, social distancing and examination pressure. Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period (Philips.A.C,2013). People may endure comparable

negative life occasions but evaluate the affects or seriousness of these to distinctive degrees as a result of variables such as identity, adapting assets, and support. This study attempts to understand the perceived stress among students during Covid-19 pandemic.

Definition of key terms

Perceived stress: Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period (Philips.A.C,2013).

Covid-19: It is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV'. (World Health Organisation,2020).

REVIEW OF LITERATURE

AlAteeq, D. A., Aljhani, S., & AlEesa, D. (2020) was conducted a study on Perceived stress among students in virtual classrooms during the COVID-19 outbreak in KSA (2020). The sample consists on 367 students living in Saudi Arabia. Perceived stress scale (PSS) have been used to collect the data. SPSS version 23.0 software and chi-square test have been used to analyze the data. Mann-whitney u and kruskal-wallis tests were used in the study.

Droit-Volet, S., GIL, S., Martinelli, N., Andant, N., Clinchamps, M., Parreira, L., ... Dutheil, F. (2020 May 1) Was conducted a study on Time and Covid -19 stress in the lockdown situation: Time free, <<Dying>> of Boredom and Sadness. The sample consisted of 4367 French participants (3436 women and 928 men). Visual Analog Scale (VAS) have been used to collect the primary data. The variance inflation factor (VIF) to examine the multicollinearity in the regression analysis. The analysis were performed with SPSS and Bonferroni correction systematically applied when necessary.

Anbumalar C, Dorathy A P, Jaswanti V P, Priya D & Reniangelin D (2017) was conducted a study on Gender differences in perceived stress levels and coping strategies among college students. This study conducted in various co-education colleges. The survey is used to find out the perceived stress level among male and female students and differences in their coping strategies. The study conducted on 80 students (40 males and 40 females). Perceived stress scale (PSS) have been used to collect the primary data. Mean, S.D and independent t-test were used to analyze the data.

Rationale

After reviewing the literature, it was found that there are no studies that study the perceived stress among students during Covid-19 pandemic based on gender.

METHODS

Problem

Is there any significant difference in the level of perceived stress between male and female students during the Covid-19 pandemic.

Aim

To understand the perceived stress among students during covid -19 based on gender.

Objective

1. To study the perceived stress among students during Covid-19.
2. To compare the mean of perceived stress among students based on gender.

Variables

Independent variable: gender

Dependent variable: perceived stress

Hypothesis

1. There will be no significant difference in the perceived stress among students across gender.

Research Design

The study was quantitative in nature and the research adopted a between group research design for finding the perceived stress among students based on gender during Covid-19 pandemic

Research Sample

Purposive sampling method was used for this and the study sample consisted of 80 students out of which 40 were male students and rest 40 were female students. The sample consisted of participants studying in different institutions and universities and were of different ages.

Sampling Criteria

Inclusion criteria

1. Willingness of participants through online.
2. Age limit 16-23 years.

Exclusion criteria

1. Those who are not willing to participate in the online survey.
2. Age group other than 16-23 years

Tools

The following tool was administered for collecting the required data.

1. Perceived Stress Scale (Cohen, 1983).

Procedure

The purpose of the study was explained to the participants and their willingness to participate in the study was ascertained through online. The perceived stress scale (Cohen, 1983) were provided to the participants through online forms. Proper instructions were given before questionnaire. Responses were collected from the participants. The scoring and interpretation of the responses were done according to the manual.

Analysis of data

The following statistical tests were used:

1. Mean
2. Standard Deviation
3. Independent sample t-test

Ethical issues

1. Confidentiality, of the information obtained from the participants, was maintained throughout the study.
2. The collected data has been used only for research purposes.
3. Informed consent was taken from the participants, through online, before collecting the data.

RESULT

Data Analysis and interpretation

The aim of the study was to study perceived stress among students during Covid-19. The study consisted of 80 students out of which 40 were males and 40 females. For the purpose of the study the investigator formulated a hypothesis and the results are shown below.

Table.1: t - value,Mean,SD,Sig value of perceived stress among students based on gender

	Gender	N	Mean	SD	Sig value (2 - tailed)
Perceived stress	Male	40	21.0750	5.73513	.497
	Female	40	21.9000	5.06268	.497

From the above table the average mean of male is 21.0750 and that of females is 21.9000. Male and female participants have almost the same level of perceived stress. Significant value of perceived stress is .497 which is not significant at 0.05 level of significance. So, the null hypothesis accepted thus there is no significant difference in the perceived stress among students across gender.

Major Findings

1. There is no significant difference in the perceived stress among students across gender.
2. Male and female students show the same level of significance.

Limitations

1. Sample size was small
2. Since the study was conducted by online survey the seriousness with which participants answered the questions cannot be verified.

IMPLICATIONS

1. From this study we can say that students have perceived stress. So we can develop some intervention programs to reduce perceived stress among students.

Scope

This study can be done on a large population.

CONCLUSION

The term Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period. The present study was conducted on 80 students with equal number of males and females. From the results it was clear that there is no significant difference in the perceived stress among students across gender. Further studies can be conducted on a large population.

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