



Undergraduate students level of anxiety- in returning back to college after Lockdown due to Covid-19 Pandemic- A Descriptive Study

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ABSTRACT:

INTRODUCTION: The current COVID-19 pandemic is caused by a corona virus named SARS-CoV-2. Corona viruses (CoVs) are a large family of viruses, several of which cause respiratory diseases in humans, from the common cold to more rare and serious diseases such as the Severe Acute Respiratory Syndrome (SARS) and the Middle East respiratory syndrome (MERS), both of which have high mortality rates and were detected for the first time in 2003 and 2012, respectively. CoVs are divided into four genera: alpha-, beta-, gamma- and delta-CoV. All CoVs currently known to cause disease in humans belong to the alpha- or the beta-CoV. Many of these CoVs can infect several animal species as well. SARS-CoV infected civet cats and infected humans in 2002 and MERS-CoV is found in dromedary camels and infected humans in 2012. A virus that is regularly transmitted from an animal to a human is called a zoonotic virus. **STATEMENT OF THE**

PROBLEM:“A study to assess the level of anxiety in returning back to college after lockdown due to covid -19 pandemic among undergraduate students studying at selected colleges at Meerut”.**OBJECTIVES:**1.To assess the level of anxiety in returning back to college after lockdown due to covid -19 pandemic among undergraduate students.2.To find out the association between the level of anxiety in returning back to college after lockdown due to Covid -19 pandemic among undergraduate students with their selected socio-demographic variables. **MATERIAL AND METHOD:**A Descriptive study was conducted among the under

graduate students in a selected college at Meerut. A sample of 80 Students was selected by using non – probability purposive sampling and a standerised anxiety scale was used to collect the data regarding demographic variables and anxiety regarding covid -19.data was collected by using anxiety scale. **RESULT:** The level of anxiety mean score was 54.34 with standard deviation (SD) 5.23. **CONCLUSION:** The findings revealed that the majority of the participants had some what (93.75%) level of anxiety whereas on the other hand only 3.75% had a little level of anxiety followed by very much so level of anxiety with 2.5%.

BACKGROUND OF THE STUDY:

The current COVID-19 pandemic is caused by a coronavirus named SARS-CoV-2. Coronaviruses (CoVs) are a large family of viruses, several of which cause respiratory diseases in humans, from the common cold to more rare and serious diseases such as the Severe Acute Respiratory Syndrome (SARS) and the Middle East respiratory syndrome (MERS), both of which have high mortality rates and were detected for the first time in 2003 and 2012, respectively.

CoVs are divided into four genera: alpha-, beta-, gamma- and delta-CoV. All CoVs currently known to cause disease in humans belong to the alpha- or the beta-CoV. Many of these CoVs can infect several animal species as well. SARS-CoV infected civet cats and infected humans in 2002 and MERS-CoV is found in dromedary camels and infected humans in 2012. A virus that is regularly transmitted from an animal to a human is called a zoonotic virus. When a virus passes from animals to humans for the first time it is called a spillover event. When a new virus is discovered, it is important to understand where it comes from.

This is critical to be able to identify and isolate the source and prevent further introductions of the virus into the human population. It also helps to understand the dynamic of the beginning of the outbreak, which can be used to inform the public health response. Understanding the origin of the virus may also aid the development of therapeutics and vaccines. To identify the source or origin of a virus, it is helpful to look at the genetic makeup of the virus and see whether it resembles other known viruses. This may provide some clues as to its origin.

NEED FOR THE STUDY:

Pandemic is the outbreak of a disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population: a pandemic outbreak of a disease. Pandemics like COVID 19, affects the mental health due to numerous reasons –Uncertainty, poor prognosis, economic loss, insecurity, confusion, emotional isolation, stigma, school/work closure, inadequate resources for medical response, and deficient distribution of necessities. As a result people experience a lot of emotional disturbances such as stress, insomnia, frustration, irritability which could lead to psychiatric disorders like depression, anxiety, behavioral changes (substance abuse), also post-traumatic stress disorder in later stages.

Some groups may be more vulnerable than others to the psychosocial effects of pandemics. In particular, people who contract the disease, those at heightened risk for it (including the elderly, people with compromised immune function, and those living or receiving care in congregate settings), and people with pre-existing medical, psychiatric, or substance use problems are at increased risk for adverse psychosocial outcomes. In a descriptive study titled Anxiety, worry and perceived stress in the world due to the COVID-19 pandemic, March 2020 which was conducted in 41 countries, revealed that significant higher scores of perceived stress.

According to India Today (07 Apr 20) there are three major education were observed among women, youth, students, and among those who expressed concern and those who perceived increased susceptibility to the COVID-19. Problems that students and educators currently face due to the Covid-19 pandemic:

Statement of the Problem:

“A study to assess the level of anxiety in returning back to college after lockdown due to covid -19 pandemic among undergraduate students studying at selected colleges at Meerut”.

Objectives:

1. To assess the level of anxiety in returning back to college after lockdown due to covid -19 pandemic among undergraduate students.
2. To find out the association between the level of anxiety in returning back to college after lockdown due to Covid -19 pandemic among undergraduate students with their selected socio-demographic variables.

RESEARCH HYPOTHESIS

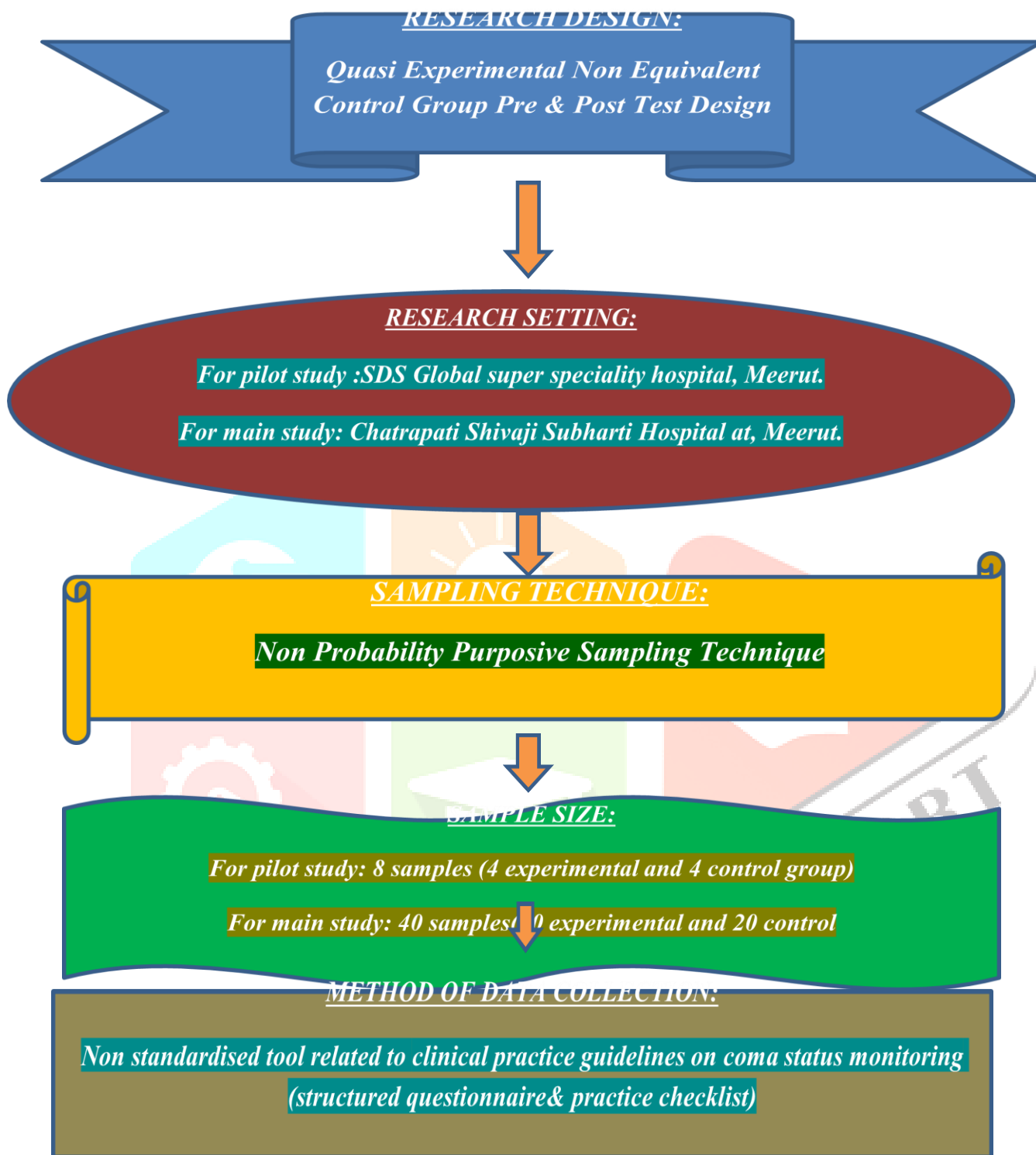
The following hypothesis will be tested on 0.05 level of significance.

H1- There will be significant association between the level of anxiety of undergraduate students in returning back to college after lockdown due to Covid-19 pandemic with their selected socio-demographic variables.

REVIEW OF LITERATURE:

Review of literature related to level of anxiety of undergraduate students in returning back to college after lockdown due to Covid-19.

RESEARCH METHODOLOGY:



VARIABLES

Research Variable: In this research study, the research variable is level of anxiety.

Demographic variables: In the present study, demographic variables are age, sex, course of study, year of study, type of family, duration of months during lockdown and food habits.

SETTING OF THE STUDY: The present study is conducted was conducted in SRS Institute of Education and Technology, Meerut.

POPULATION : Population for the present study was undergraduate students studying in SRS Institute of Education and Technology, Meerut.

SAMPLE AND SAMPLING TECHNIQUE

SAMPLE: In the present study, samples were undergraduate students studying in SRS Institute of Education and Technology, Meerut.

SAMPLING TECHNIQUE : In the present study, Non- probability Purposive sampling technique was used for collecting the sample.

CRITERIA FOR SAMPLE SELECTION:

INCLUSION CRITERIA: Undergraduate students who are

- Studying in SRS Institute of Education and Technology, Meerut.
- Who are available at the time of data collection.

EXCLUSION CRITERIA: Undergraduate students who are

- Not willing to participate in the study.

SAMPLE SIZE: The sample size of the present study comprised of 80 undergraduate students studying in SRS Institute of Education and Technology, Meerut.

DATA COLLECTION:

DESCRIPTION OF THE TOOLS

Instrument consists of two parts:

- ❖ **SECTION A-** Demographic data.
- ❖ **SECTION B-** Standardized **Hamilton Anxiety Rating Scale (HAM-A)** to obtain the level of anxiety in returning back to college after lockdown due to covid -19 pandemic.

SECTION A –

It deals with the demographic data which was to collect the characteristics of the sample with an instrument to participants to put a tick mark [√] against the appropriate choice closely representing their answers.

It contains 8 items such as age, gender, course of study, year of study, type of family, duration of months during lockdown and food habits.

SECTION B

Standardized **Hamilton Anxiety Rating Scale (HAM-A)** to obtain the level of anxiety in returning back to college after lockdown due to covid -19 pandemic.

CONTENT VALIDITY OF THE TOOL:

Validity refers to measure an instrument accurately measure what it is supposed to measure.

The instrument used was a Standardized **Hamilton Anxiety Rating Scale (HAM-A)**. As it was a standardized tool, content validity was not done.

PILOT STUDY: .

The purpose of the study was explained to the samples and written consent was obtained. The tools were administered to eight undergraduate students to check the feasibility of the study.

PROBLEM FACED DURING DATA COLLECTION:

- Majority of the undergraduate students were not much cooperative with the researcher while conducting the pilot study.
- The researcher had difficulty in maintaining feasibility, availability of the undergraduate students while conducting pilot study.
- The research faced difficulty to get the consent from the college authorities due to covid-19 pandemic.

RELIABILITY

- ❖ In this study, the standardized **Hamilton Anxiety Rating Scale (HAM-A)** with ($r=0.92$) was used to obtain the level of anxiety in returning back to college after lockdown due to covid -19 pandemic.

ETHICAL CONSIDERATIONS-

- ❖ Permission from Principal of Nursing College was obtained.
- ❖ Permission from Principal of UG College was obtained.
- ❖ Written informed consent was obtained from undergraduate students.

DATA COLLECTION PROCEDURE:

- ❖ The rapport was maintained with the samples. The data was collected by using the tool- Part-A-Socio-demographic variables and the standardized **Hamilton Anxiety Rating Scale (HAM-A)** with ($r=0.92$) was used to obtain the level of anxiety in returning back to college after lockdown due to covid -19 pandemic.

PLAN FOR DATA ANALYSIS

Level of anxiety scores were planned to be organized, tabulated and analyzed by using the frequency distribution, descriptive statistics (mean, standard deviation and mean score percentage) and inferential statistics (chi-square) which was done to assess the level of anxiety in returning back to college after lockdown due to covid -19 pandemic among undergraduate students studying at selected colleges at Meerut”.

- **Descriptive statistics:** Frequency and percentage was used to describe the demographic characteristics and data was presented in the form of tables.
- **Inferential statistics:** Chi square was used to find out the association between the level of anxiety of undergraduate students with their selected socio-demographic variables and to test the hypothesis.

***Assesment the level of Anxiety of undergraduate students in returning back to college after lockdown due to Covid - 19 pandemic.**

The majority of the participants had some what (93.75%) level of anxiety whereas on the other hand only 3.75% had a little level of anxiety followed by very much so level of anxiety with 2.5% .

***Analysis of the level of Anxiety of undergraduate Students in returning back to college after lockdown due to Covid-19 pandemic**

The data presents in the Table-II depicts that among 80 samples, the level of anxiety mean score was 54.34 with standard deviation (SD) 5.23

***Association of the level of Anxiety of undergraduate Students with their socio-demographic variables.**

***At 0.05 level of significance**

The above table shows the association between thelevel of anxiety of undergraduate students in returning back to college after lockdown due to covid-19 with their socio-demographic variables.

There is no significant association between thelevel of anxiety of undergraduate students in returning back to college after lockdown due to covid-19 with their socio-demographic variables such as age, sex, course of study, year of course, duration of month in lockdown and food habit. The calculated values are less than the tabulated values at 0.05 level of significance. Hence Null Hypothesis H_{01} is accepted and rejected Alternate Hypothesis H_1 .

NURSING IMPLICATIONS:

The findings of the study have certain implications for nursing practice, nursing service, nursing education, nursing administration, and nursing research.

NURSING PRACTICE:

COVID-19 has been a catastrophic experience; in the blink of an eye, this dreadful pandemic abruptly changed the way we live. The findings of the study reveal that there is a need to provide proper Covid-19 safety measures should be taken according to guidelines and individual counselling should be arranged.

This study is part of a more comprehensive project that aims to address the level of anxiety among undergraduate students in several parts of the world during COVID-19. The results of this study give valuable insights into the psychological status of students at a crucial time, and this, of course, has its own merit. However, it is equally crucial that future researches focus on and suggest solutions to address any effects associated with pandemics. It is important to identify appropriate strategies that could help students not only cope with adverse effects of the current pandemics but that can also enhance students' resilience to similar disasters in the future. Parents, educators, and the society as a whole should identify ways to enhance students' adaptability skills that will enable them to cope in such situations.

NURSING EDUCATION

Future of nursing profession requires qualified nurses to meet the challenges and deliver the health care especially during this covid-19 pandemic. As nursing educator nurse plays a major role in educating the undergraduate students about the importance of PPE, use of sanitizer, frequent hand washing and social distancing during the college hours

- Continue education program should be initiated in the educational institutions which are advised to establish pre-outbreak policies and procedures to deal with epidemics.

NURSING RESEARCH

- Nursing research is an essential aspect of nursing norms and a body of knowledge. There is a need to conduct further research regarding level of anxiety of undergraduate students and other disciplines in returning back to college after lockdown due to covid-19
- Nursing research should be directed towards further exploration and update the knowledge and practice of students regarding all preventive measures to avoid unnecessarily contact with the fellow beings in the college.
- The finding of the study can be used to further justify the need for education of the students to reduce the level of anxiety.

LIMITATIONS

- This study aimed to elucidate the level of anxiety among undergraduate students in returning back to college after lockdown due to covid-19 pandemic.
- This study was confined to a small number of undergraduate students i.e. 80 this limits the generalization of the findings.
- The study sample was selected by using a non-probability purposive sampling technique which limits the generalization of the findings.

PROBLEM FACED DURING DATA COLLECTION:

- Lockdown was the main problem by which problems were faced during the study by the researcher.
- Epidemic Corona virus created many problems, college authority were not allowing to conduct the study.
- During data collection researcher faced little problem in gathering data from undergraduate students. It was time consuming to get response from samples.
- Majority of the samples were not much cooperative with the researcher while conducting the study.
- The researcher had difficulty in maintaining feasibility, availability of the sample while conducting pilot study.

RECOMMENDATIONS:

- This study can be replicated in large samples so that findings can be generalized for a large population.
- A similar study can be conducted in different settings.
- A comparative study can be conducted between different students.
- A follow-up study can be conducted to assess the the level of anxiety of undergraduate students in returning back to college after lockdown due to covid -19 pandemic.

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