Academic Stress among Students Amid COVID-19

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Abstract

The present study was conducted to find out and analyze the academic stress among the college students by employing descriptive survey method. It is specifically conducted to find out the academic stress during COVID-19. The pandemic have created different situation which has lead to increase in the level of academic stress or anxiety among students. This study was conducted on 100 students (50 males and 50 females) and data was collected by administering a scale by R. Balaji Rao.As per the findings there is no significant difference between males and females with regard to academic stress whereas significant difference was found in the academic stress between college students from rural and urban areas. Students from urban areas were found more prone to academic stress compared to students from rural areas.

Keywords- *Academic Stress, COVID-19.*

1. INTRODUCTION

The COVID-19 is a pandemic spread all over the world. It is caused by acute respiratory syndrome corona virus. The COVID-19 begin in china and therefore reached many countries worldwide. This respiratory illness was first detected in Wuhan, Hubei province in China. The first case in India was reported on 30 January 2020. After United States, India is the second highest in the number of confirmed cases in the world. The world health organization declared COVID-19 outbreak a pandemic in March 2020.This virus is a new strain of corona virus that was not identified in humans previously. Corona viruses are a large family of viruses that are known to illness such as common cold, severe acute respiratory syndrome and Middle East respiratory syndrome.

The signs and symptoms of COVID-19 occur from 2 to 14 days after exposure the time after having exposure and before having symptoms is known s incubation period. The symptoms of COVID-19 are cough, fever, headache, cold, muscle pain, sore throat etc. early symptoms include loss of taste and smell. The symptoms can range from mild to severe. This virus spreads easily among people, its spread from one person to another by coming in close contact with someone.

Covid19 has created unforeseen challenges for people all around the world. This pandemic is far more than a health crisis; it is affecting economies and society at the core. It is likely to increase inequalities and poverty at a global scale. Corona virus has a great impact on the economy in India as there has been a lockdown since late march to stop the spread of the novel disease. There are various sectors are affected by this pandemic.

1) HealthCare Sector-Health is a epicenter and it has been affected badly by this pandemic. Lack of medical investment and healthcare infrastructure are the biggest challenges faced during the pandemic. Amid the covid 19 there has been many crisis faced like shortage of beds, lack of protection equipment, lack of hospitals etc. it depicts a strong need of investment n health care systems, including health workforce, good working conditions, equipment and training and occupational safety etc.

2) GDP- In the first quarter of the fiscal year 2021, India's gross domestic product has fallen by 23.9 percent during corona virus. The pandemic has lead to complete shutdown of business, industries and services. From hospitality to mining, hospitality to real estate it has impacted the economy records to the sharpest drop in 41 years.

3) Unemployment- There has been huge job loss in India during the pandemic. According to the centre for monitoring Indian economy (CMIE) about 21 million employees lost their jobs during April to

august. Before the pandemic, there were 86 million salaried jobs in 2019-2020. In august 2020, it was decreased to 65 million, mostly among the industrial workers and white collar workers.

4) Travel and Tourism Sector-This sector is the worst affected sector during covid 19. The whole tourism value chain of hotels, travel agents, tour operations, destinations, restaurants, air, and land and sea transportation has been hit badly. According to confederation of Indian industry (CII) and hospitality consulting firm hotelivate , tour operators both online and offline as well as inbound and outbound will lose $4.77 billion. The entire value chain of travel and tourism is likely to lose 5 lakh crores.

Impact on Education Sector

COVID-19 has affected all the sectors of the Indian economy therefore education sector is no exception. There has been nearly complete closure to schools, universities and colleges in an attempt to reduce the spread of corona virus. It has negative as well as positive impact on the education sector. The positive impacts are.

➢ Shift to Online Education- there is a shift from face to face learning to online learning .this requires the teachers and students to become techno savvy. Education has changed dramatically as there has been a rise in e-learning whereby teaching is taken remotely and on online platforms.

➢ Improvement in Learning Material- There is a great opportunity for schools, colleges and universities to explore more learning materials due to rise in blended learning. It has pushed the teachers to find new ways to provide quality education to the learners.

➢ Rise in Collaborative Work-due to COVID-19 there is a new opportunity where collaborative teaching and learning can take new forms and can be monetized. The large number of academic meeting, conferences and meetings take place online. May be in future new online conferencing platforms will emerge as a business model.

Challenges in Education Sector amid COVID-19

➢ Passive Learning by Students – Due to pandemic. there is a sudden shift to online learning without planning especially in the county like India where the backbone of online education was not ready, even the curriculum is not designed in such a way. Due to which students have turned into passive learners and lost interest in studies due to low attention span.

➢ Unprepared teachers for online teaching- Online teaching are a methodology and all the teachers are not trained to deal with it or are not least not ready for this shift to online teaching from face to face learning.

Education plays a vital role in an individual's life and is also a turning point in their academic life. At this stage, the academic performance of a student plays a crucial role in deciding the next stage of their education which in turn shapes their career. At excess of academic stage during any stage can result in adverse effect that are far reaching and prolonged.

Academic Stress

Academic stress can be defined as anxiety or stress that mainly develops from schooling and educational conditions. During this pandemic, academic stress among students have increased due to transformation in mode of classes and examinations. Stress can be viewed as negative, emotional and cognitive, behavioral and psychological process that occurs as a person tries to adjust to or deal with stressors. (Bernstein et al 2008). Auerbach and Grambling (1998) regards stress as an unpleasant stage of emotional and psychological arousal that individuals experience in the situations that they perceive as dangerous or threatening to their well-being. There can be different reasons for academic stress among students, parents have high expectation from their children can as cause academic stress. According to the data published by national crime records bureau, there is one student every hour commits suicide. (Saha, 2017).The level of experienced stress is influenced by the resources available for the person in order to deal with specific stressful events and situations. (Ziedner, 1992)

Factors Affecting Academic Stress

In today's era, competition has increased rapidly, thus creating stress among students especially stress related to academics. There many reasons that leads to academic stress among college students.

➢ Examinations cause a lot of pressure and stress among students that affect the performance.

➢ Heavy workload is also a major source of stress.

➢ Students with poor organization skills also face difficulty in managing their academic tasks resulting into development of stress.

- ➢ Lack of confidence, poor participation and low esteem.
- ➢ Lack of support from peers, parents and teachers.
- ➢ Long duration of exams.
- ➢ Lack of physical exercise.
- ➢ Lack of Extracurricular activities.
- ➢ Mismatch between student's capacity and academic work load
- ➢ Incapacity to deal with rapid transformations in academic field.

Academic performance is mainly a function of students' study habits referring to the
Academic performance is mainly a function of students' study habits referring to the student's way of study whether systematic, efficient or inefficient (Abid, 2006)

Literature Review

Nandamuri and gowthami (2011) found in his study that the main reasons for academic stress among students of professional studies are curriculum and instruction parameters that are 86 percent, and 63 percent for placement related issues, 41 percent and 24 percent accounted respectively for assessment and team work issues. In this study it was found that many micro reasons for stress were related to curriculum and instruction.

Sibnath et al (2012) conducted a study on academic stress among private secondary school students in India. Study was conducted to examine the academic stress among 400 participants; a study specific questionnaire was used. Results reveal that 35% and 37% were reported high or very high academic stress and exam anxiety. It's showed that students having low grades have more academic stress as compared to those having high grades.

Rajasekar (2013) conducted study to examine the academic stress among the management students. The objective of the study was to check level of stress, sources of stress and stress management techniques. This study included various criteria such as physical, psychological, individual, environmental and demographical factors, which cause stress among management students.

Batanieh (2013) examined the university students who faces academic stressors. According to the results of the study, students face academic overload due to lack of sufficient time to study, family's over expectations and lower level of motivation. Out of all, fear of failure was found as prime reason for stress among students.

B.E Pozos Radillo et.al (2014) conducted the study to find correlation and predictive value between stress symptom inventory and academic stress inventory among college students. The sample comprised of 527 students from a public university in 2012. The results depicted that classroom intervention, mandatory work and giving an exam predicts high level of academic stress and females of age 18, 23 and 25 are most likely to face stress.

kadapatti (2017) conducted a study on academic stress among pre – university students of Bangalore of both urban and rural areas. The academic stress scale by Balaji Rao (2013) was used to know the academic stress among students. Most of the students were from age group 17-18years. The sample of equal percentage of both male and female of PUC studying in arts, commerce and science streams of both rural and urban areas constituted the sample. Results depicts that academic stress was more prevalent among females of urban area studying in PUC.

Moawad R.A (2020) in this study the main aim of study is to analyze the academic stressors by understanding the fears and worries of students of king Suad University which they are facing during covid 19. During the survey 646 males answered, the results indicated that highest stress among students was there in the end of the semester exams and assessments.

Hadi pajirionto et.al (2020) has conducted a study to explore relationship between religiosity to academic stress levels, to explore relationship of teacher with academic stress levels and to explore parental support to academic stress levels. Sample was taken from 210 people, results revealed positive and significant relationship between religiosity, parental support, teacher, school support to academic stress.

Operational Definitions of the Terms Used

1) Academic Stress- It is basically the anxiety or stress caused by academics or education at any level of education. Academics creates pressure on students like assignments, examinations, peer competition and many more. Academic stress tends to shift students focus from studies and thus affects the academics.

2) COVID-19- Corona virus is the dangerous infectious respiratory disease which spreads through breath and touch. This disease began in December 2019 in china and spread all over the world hence was declared as Pandemic.

Significance of the Study

The aim of the study is to examine the academic stress among college going students during covid 19. At this pandemic has completely shifted the education system from face to face to online education. Due to these changes students have being suffering from academic stress and it has immensely affected academics of college students. COVID-19 has affected all the sectors of the Indian economy and mainly the education sector COVID-19 has affected the working of schools, colleges and universities, by which the studies of students has been affected and which has created academic stress among students. Many circumstances lead like poor scores, decrease in concentration and interest towards studies, effected communication between teachers and students etc. COVID 19 has created huge difficulty for students as online education is new to them and thus created many hurdles for them. The present study was conducted to find the difference in academic stress faced by college students amid COVID-19. As COVID-19 has affected the education sector therefore it is the students who have been suffering the most, as their studies are being affected. Therefore, the present study is conducted to find the difference in academic stress faced by male and female of Jalandhar and Hoshiarpur district. Similarly, it was conducted to find the difference in the academic stress of students from rural and urban areas, and the factors that lead to more academic stress. Considering all this, the investigator resolved to undertake the present study. Due to COVID-19 examinations and evaluation system have been greatly affected due to this pandemic which has further caused academic stress among student community. In such circumstances it becomes a really imperative to conduct research to explore the academic stress among student community so that necessary guidelines or suggestions could be rendered to govt, policy makers to combat with this problem at present.

Delimitations

1. The study was delimited to college students only.
2. Data was collected from only 100 college students from Hoshiarpur and Jalandhar city only.

Objective of the Study

1. To study academic stress among students Amid COVID-19.
2. To find the difference in academic stress between male and female college students.
3. To find the difference in the academic stress among college students from rural and urban areas.

Hypothesis

1. There exists no significant difference in academic stress between male and female college students.
2. There exists no significant difference in the academic stress among college students from rural and urban areas.

2. METHODOLOGY

Methodology is a systematic and theoretical analysis of the methods used or applied in In the present study, the investigator adopted descriptive survey method .Descriptive survey method is a method in which data is collected to obtain information concerning the current status of the phenomena so as to describe "what exist" with respect to variables or conditions in situation. As there was lockdown due to covid 19 online survey was conducted. The scale used for assessment of academic stress is originally given by Kim (1970) which was revalidated by R Balaji Rao as per Indian context. This scale helps in assessing academic stress among students.

Sample

In the present study sample comprised of 100 college students. An online survey was conducted on 100 students, 50 males and females of both urban and rural areas to assess the academic stress among college students during covid 19. The investigator collected data by applying stratified random sampling, in this type of sampling sample population is broken into subgroups known as strata, which have different mean values of the variables. The participants of the survey were mainly from Hoshiarpur and Jalandhar district of Punjab.

Description of the tool used

The objective of the study was to assess the academic stress among college students. The scale used for assessment of academic stress is originally given by Kim (1970) later on revalidated as per Indian conditions by and R Balaji Rao in 2013. The scale consists of 40 items. Each item has 5 responses ranging from 'no stress' to 'extremely high stress'.

Scoring of the responses is as follows:

Response	Weight age
No stress	0
slight stress	1
Moderate stress	2
High stress	3
Extremely high stress	4

Hence, high scores depict high stress and low scores depict low grades.

Interpretation

Hypothesis 1: There exists no significant difference in Academic Stress between Male and Female College Students.

Table 1- Showing Mean scores, SD, t-value of Academic Stress among College Students.

	N	Mean	S.D	t-value	Remarks
Male	50	90.66	19.93	-0.83	Insignificant
Female	50	94.24	22.67		

The above table presents the mean score of academic stress among males and female college students that is 90.66 and 94.24 respectively. The t-value is 0.83 and t-critical is 1.98. As 0.83 is less than 1.98, so the difference is insignificant and therefore null hypothesis is accepted. It means there is no significant difference in male and female college students with regard to their academic stress. There is difference in mean of male and female i.e. 90.66 and 94.24, but it is not statistically significant. Hence null hypothesis i.e there exists no significant difference in academic stress between male and female college students is accepted and it is concluded that academic stress does not vary in college students on the basis of gender.

Hypothesis 2: There exists no significant difference in the academic stress among college students from rural and urban areas.

Table 2- Showing Mean Scores, SD, t-value of Academic Stress among College Students from Rural and Urban Areas.

Sample group	N	Mean	SD	t-Value	Remarks
Rural	55	87.4	19.11	-2.21	significant
Urban	45	96.58	22.28		

The above table depicts the mean of urban and rural area i.e. 87.4 and 96.58 respectively. The t- value came out as 2.21 in comparison to t-critical which is found as 1.98. As the calculated value is greater than table value hence the null hypothesis that is there exists no significant difference in the academic stress among college students from rural and urban areas stands rejected as the difference is found as significant. Academic anxiety is found more in students from urban areas as compared to students from rural areas. The investigator is of the view that such results came out as there is less academic pressure on student's rural area as compared to students from urban area e.g. the number of academic tasks are

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more in number and of greater variety like term papers, projects in case of students from urban areas. There is more causality and less awareness among the students of rural areas. In urban areas students are more Career oriented hence are more prone to experiencing academic stress.

3. CONCLUSION

The study concluded that there is no significant difference in male and female college students with regard to academic stress and there is significant difference in students from urban and rural areas with regard to academic stress. Lack of awareness, more causality in academics and less academic load among college students from rural areas might be a reason for the same. On the other hand, more academic engagements and pressure in case of urban students might result in augmenting the academic stress in college students as compared to students from rural area.

Recommendations

This study shows that students are facing academic stress during COVID-19, many things can be done to avoid academic stress like proper time management is one of the most effective stress relieving techniques(Macan.et al 1990).Yoga and exercise are good stress relieving techniques, overall ability to organize things and task is very important in academic life for dealing with stress (Sinha,2014). Proper counseling from parents regarding time management and organization is also needed. Healthy diet and proper sleep help in coping with stress for students. Socializing with positive and motivating people and stand for one self. Most importantly students should stop academic procrastination and do things on time. Take short rest while working and relax, it will help in more concentration which will result in better academic output.

Suggestions for Further Research
1) The study can be conducted on larger sample by the investigator.
2) The variable of academic stress can be studied in relation to other variables like parental support, achievement motivation, mental health etc.
3) The comparative study can also be undertaken among students from different regions.
4) Comparative study could be done among students from different level of education like primary, secondary, senior secondary etc.

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