

## **‘A Study To Assess Level Of Mental Health Among Students During Covid-19 Pandemic Lockdown Period.’**

**Prof. Dr. Madhuri S. Shelke**

*Principal, Institute Of Nursing Education And Research*

*Tmv,Pune.*

### **Abstract:**

*The purpose of this study was to assess mental health level among students during Covid-19 Pandemic lockown period . It also aimed at association between selected demographic variables and Level of Mental Health among students during Covid-19 Pandemic Lockdown period .*

### **Objectives**

- 1. To assess Level of Mental Health among students during Covid-19 Pandemic Lockdown period.*
- 2. To find association between selected demographic variables and Level of Mental Health among students during Lockdown*

*Methods: The Conceptual Framework used in the present study based on “Hildegard Peplau’s interpersonal theory”.*

**Materials and Methods:***The study involves descriptive survey approach and the design was non-experimental descriptive survey research design.The study was conducted online with Google form , Participants in the study were B.Sc. Nursing students using convenient sampling technique .Tool was divided into two sections section –I consists of demographic details and section- II consists of 4- Point Likert Scale.*

*Result: 20% of the students had poor mental health status (score 0-37), 66% of them had average mental health status and 34% of them had good mental health status during COVID-19 Pandemic Lockdown period.*

**Conclusion:** *During covid -19 the pandemic disturbed the daily routine all over the world Majority of the students were anxious still majority of them felt self-confident to tackle the situation and ready to practice their routine after lockdown. Majority of them always felt proud that they had chosen right profession. Majority of them shared medical knowledge with family/ Neighbours. had courage to care for covid-19 patients. would motivate friends to take up this challenging profession.*

**Key words:***Assess,Mental Health,Pandemic,Lockdown period,*

### **Introduction:**

All of us have faced and still facing the covid 19 pandemic situation,and in future also whole world is going to face many more challenges.The onset of new corona virus all over the world was declared as pandemic in March .China confirmed cases were 82078 at the end of March 2020 , new confirmed cases were 117, 3298 deaths were detecteI. In India 724 total cases, were detected , total new cases were75, total 17 deaths .rst case was detcted in Thrissur district Kerala student who returned home from Wuhan University ,30th January 2020 the first case was confirmed in Kerala Thrissur district in a student who returned home for a vacation from Wuhan University in China. In India by March 15 there were 100 confirmed cases , from 25<sup>th</sup> March Nationwide lockdown was imposed and was extended till situation gets under control .Centre of

healing at New Delhi, stated that due to unpredictable lockdown anxiety and stress level increased.

Affected fear of spreading disease. Systemic reviews showed 27% anxiety, 21% depression, 20–25% substance and alcohol abuse data from Canada, in China 25% anxiety, 28% depression. All age groups were affected with this uncertain event of Covid-19 pandemic not only in our country but all over the world. It not only affects physically but presents a dual challenge on body and mind. Lots of people are suffering from stress, anxiety and worries caused disturbance in mental health. A huge crisis ahead. Covid crisis of mental health. Increase prevention reducing stigma about Covid stress and anxiety we are feeling at this point of time in this situation. In India population density, overcrowding, physical meetings, celebrations, culture of festivals to curb the transmission of Covid-19 social distancing to follow was a great challenge. Stress, anxiety, stigma, fear of Covid and news created anxiety. The impact after pandemic mental health is a very sensitive subject since psychosocial effects last longer or remain unseen than physical. Some addressing issues of mental health disturbance leads to mental stress i.e. traumatic experiences of loved ones, fear of contagion, lockdown factors impact, frontline workers and their families. Pandemic has severe impact in earlier stages acute beds were full, none of us ever witnessed in our life so far, uncertainties millions of people lost their lives and beloved ones affected and death news, factors contribute to mental health,

Fear of contracting the disease and passing it to loved ones, traumatic responses, relatives dying on ventilators, death of family members, lockdown disrupted our daily routines and biological clock was disturbed which led to mental illness. Social irregularity, joblessness, business down conditions significantly led to mental disturbance among society.

Systemic reviews showed 27% anxiety, 21% depression, 20–25% substance and alcohol abuse (data from Canada), Systemic review in China shows 25% anxiety, 28% depression, 28% stress

Post pandemic consequences are huge mental health problems, economic downturn, enormous economic consequences affected all age groups. Students group also had a great impact, they were worried about their studies, their curriculum completion, mode of teaching learning process, examination, future job placement during lockdown period. To face the challenges related to mental health clinical services, community mental health services, training and capacity building, information–education and communication drives were motivated.

Mental health is not mere absence of mental illness but is a state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

So to assess the level of mental health among nursing students who are going to work as frontline workers in health care system and are backbone of health care delivery system, researcher had taken up this research to assess mental health among B.Sc. Nursing students.

#### **Ethical considerations:**

Permission to conduct the study was taken before conducting the study.

Written consent was taken from the participants who were willing to participate for the study after explanation and confidentiality by the researcher.

#### **Conceptual framework:**

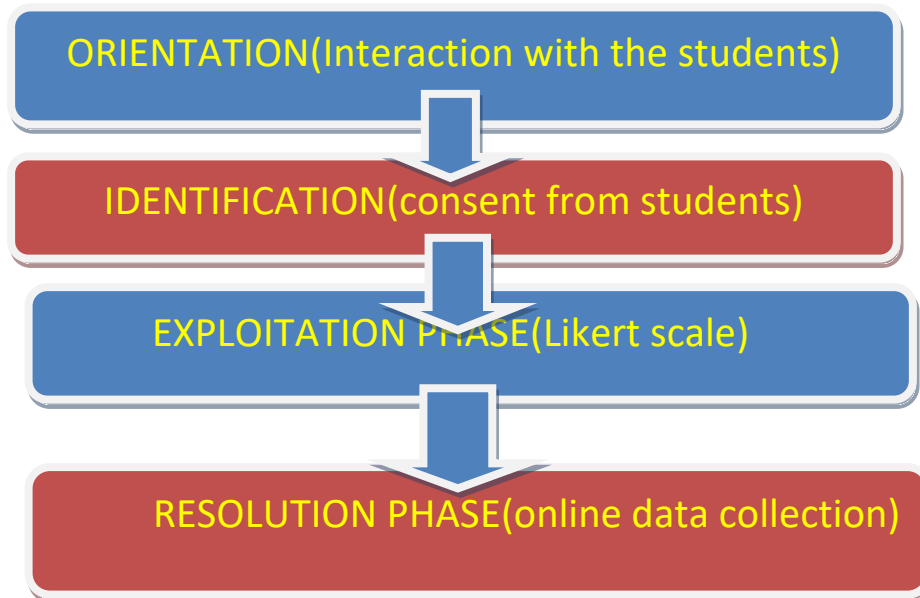
It is based on Hildegard Peplau's interpersonal theory. (M.A. Psychiatric nursing) developed a theory of interpersonal relationship. She described structural concepts of interpersonal process in four sequential, interrelated steps of nurse patient relationship i.e. orientation, Identification, exploitation and resolution.

Nurse patient's relationship is affected by culture, race, belief, ideas, past experience. To develop and maintain therapeutic relationship nurse has to play six different roles such as stranger, resource person, teacher, leader, counsellor and surrogate during phases of nurse patient relationships.

Application of Peplau's interpersonal theory will enable research to Assess Level of Mental Health among students during Lockdown.

## DIAGRAMMATIC REPRESENTATION OF CONCEPTUA FRAMEWORK

Hildegard Peplau's conceptual framework



### Review of Literature:

#### Mental health issues during COVID-19 pandemic:

Worldwide major issues related to mental health which were reported are depression , fear, anxiety , psychological stress, lack of sleep, depression anger (Torales et.al.,2020) research studies performed globally shown that Covid -19 had a massive impact and created depressive conditions emotional stress and anxiety related disorders due to pandemic of COVID-19 , majority of population was suffering from disruption in mental health and it's prevalence increased was investigated from studies done , (Mohindra R., Ravaki R., Suri V., Bhalla A., Singh S. M. (2020). Covid pandemic is associated with grave consequences in mental health . Pandemic has lead an increased suicidal risk a review which was published (Xiang et al., 2020). A study done in China reported 16.5% moderate to severe depressive symptoms; 28.8% moderate to severe anxiety symptoms; 8.1% moderate to severe stress due to COVID -19 (Wang et al. 2020). Countries like Japan, Singapore and Iran had a great impact on mental health due to new corona virus pandemic (Rajkumar,2020). The grief and depression resulting from loss of a loved one, anxiety and panic due to uncertain future and financial turmoil may lead individuals to resort to these extreme measures. Pandemic of Covid lead increase suicidal cases in India. (Cullen W, Gulati G, Kelly BD 2020). Due to this pandemic situation normal routine was disturbed which had created impact on coping mechanism and students indicated moderate stress level.(Boby Begam, Kabita Devi et.al.). Nursing students were significantly stressed more than medical students, due to prolonged duties with the patients(Wong JGWSet.al.).Universities and government should be together to rteduce stress among students and should initiate online education system , scholarship or educational loan for the students at grass root level.( Barna SD, Raihan H, et al.) .Majority of respondents become stressed while reading and hearing news on increasing COVID -19 cases. 44.4 % responded that long duty hours increased their stress level. Apart from these spendinging money on moble data recharging for online study and delay in getting degree . (Deo PK, Budhathoki S, Raut J, et al). If the academic stress score increases

then the coping strategy score will be decreasing and vice versa (Ramyarathidevi M. , Ushapriya Mathiazhakan et.al )

## **RESEARCH METHODOLOGY:**

### **Research Approach:**

The research approach was selected as **non-experimental Descriptive approach** to ‘Assess the Level of Mental Health among students during Lockdown period .’ Quantitative approach is more appropriate to Assess Level of Mental Health among students during Lockdown period.

### **Research Design:**

A Quantitative non-experimental descriptive survey research design was chosen for the study.

### **Setting Of The Study:**

Study was conducted in selected area. Researcher adopted convenient sampling technique for the study.

### **Population:**

In this study population selected consists of B.Sc. Nursing students .

### **Sampling Technique:**

The sampling technique used in this research study is convenient sampling technique.

### **Sample Size:**

In this study, the study samples consisted of 100 student participants from the Institute of Nursing Education and Research , TMV,Pune

### **Criteria For Sample Selection:**

#### **Inclusion criteria-**

1. Students who are studying in the Institute of Nursing Education and Research , TMV,Pune .

#### **Exclusion criteria-**

1. Students who are not willing to participate in the study.

## **DEVELOPMENT OF THE TOOL:**

The researcher developed the tool after updating theoretical knowledge , own experience, theoretical knowledge and guidelines from the experts along with the review of literature helped in developing the tool necessary for the study.

The following tool was developed for the study-

- Tool was divided into two sections section –I consists of demographic details and section- II consists of 4- Point Likert Scale.4 point’s Likert scale to assess level of mental health among students during lockdown

## **2. DESCRIPTION OF THE TOOL:**

The development of the tool is a step by step procedure. Tool used in present study is a four point Likert scale.

The duration of datacollection is approximately 10-15 minutes. The tool was administered by the investigator online on what sap tothe participants ingoogle form.

3. The tool used for present study consists of:- Appendix ‘A’–Consent Form.

**Section A** – consist of demographic data i.e.age in years, gender, educational qualification, number of member in family, type of family, average family income per month (in rupees), place of resident and religion

**Section B- 4 point’s Likert scale to assess level of mental health among students during lockdown**

Scoring: Always (4), Usually (3), Sometime (2), Never (1).

## VALIDITY AND RELIABILITY OF THE TOOL:

After preparation of the tool content validity was done by preparation of tool validation form and content was given to 8 experts mainly ,Mental health nursing experts, community health nursing, psychiatrists, principals and senior faculty members and statistician for validity ..Reliability of the tool was examined by Cronbach’s alpha and factor analysis . score was found to be 0.86.Tool was found reliable. Then it was administered online with google form which was sent to students by What sap group.

### Findings of the study

#### Section I

#### Description of samples (students) based on their demographic details

**Table 1: Description of samples (students) based on their demographic details in terms of frequency and percentages**

**N=100**

<b>Demographic variable</b>	<b>Freq</b>	<b>%</b>
<b>Age</b>		
15 to 18 years	3	3%
18 to 21 years	72	72%
More than 21 years	25	25%
<b>Gender</b>		
Female	70	70%
Male	30	30%
<b>Educational qualification (B.Sc.Nursing)</b>		
1st yr	26	26%
2nd yr	30	30%
3rd yr	19	19%
4th yr	25	25%
<b>Number of member in family.</b>		
4 to 6	86	86%
7 to 8	5	5%
More than 8	9	9%
<b>Type of family</b>		
Joint family	18	18%
Nuclear family	73	73%
Separated	9	9%
<b>Average Family income per month (In rupees)</b>		
Below 10,000	20	20%
10, 001 to 20,000	36	36%
20, 001 to 30,000	18	18%
30,001 and above	26	26%
<b>Place of Resident</b>		
Rural	53	53%
Urban	47	47%

Religion		
Christian	17	17%
Hindu	76	76%
Muslim	5	5%
Others	2	2%

**Major findings of the study:**

**SECTION –I Description of samples (students) based on their demographic details :**

Majority 72% of students were in the age group 18-21 years.70% of them were females and 30% of them were males, 30% were second year students .Majority 86% of them had four to six members in their family, majority 73% of them were from nuclear family ,26% of them had family income above Rs 30000 ,53% of them were from rural area and 47% of them were from urban area.73% of them were Hindu.

**Section II**

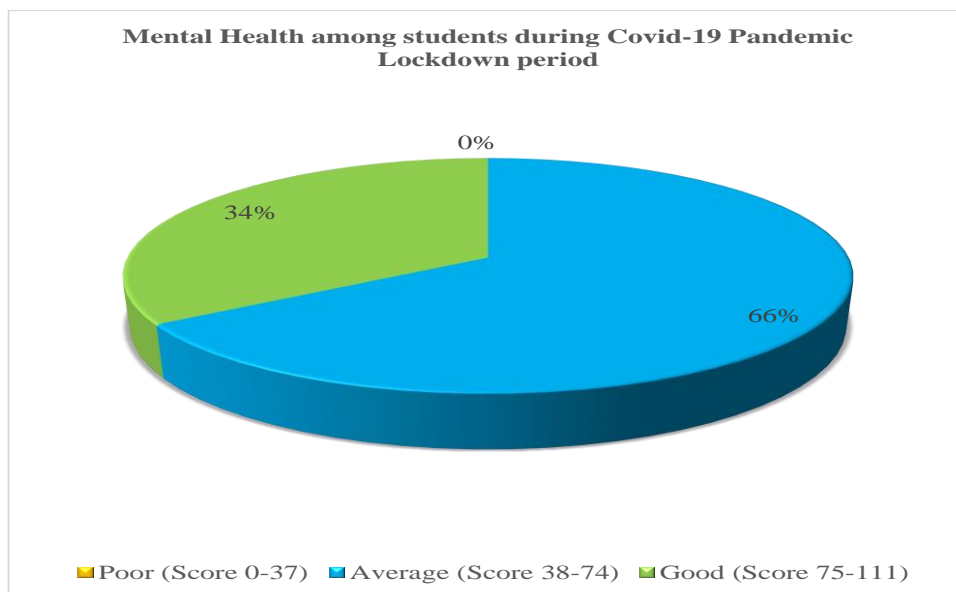
**Analysis of data related to Mental Health among students during Covid-19 Pandemic Lockdown period.**

**Table 2: Mental Health among students during Covid-19 Pandemic Lockdown period**

**N=100**

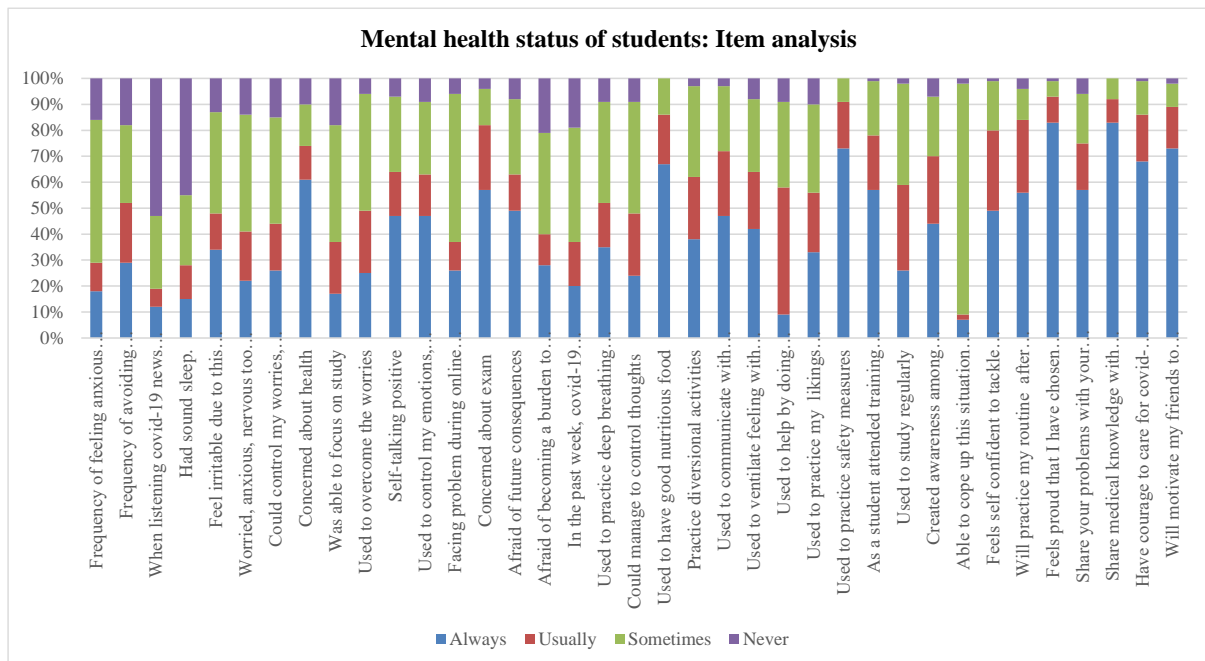
Mental health status	Freq	%
Poor (Score 0-37)	0	0%
Average (Score 38-74)	66	66%
Good (Score 75-111)	34	34%

20% of the students had poor mental health status (score 0-37), 66% of them had average mental health status and 34% of them had good mental health status during COVID-19 Pandemic Lockdown period.



**Section –II (Item Analysis)**

Majority 55% of them sometimes felt anxious because of covid-19 situation, 30% of them sometimes avoid situations, places, objects, or activities because of anxiety of Covid-19. When listening covid-19 news 28% of them sometimes had palpitations and sweating. and 45% of them never had sound sleep. Majority 34% of them always and 39% of them sometimes felt irritable due to this pandemic situation. 45% of them were sometimes were worried, anxious, nervous due to this situation., 41% of them sometimes could control their worries, negative thought. 60% of them always concerned about health. 45% of them sometimes and 18% of them were never able to focus on study. 45% of them sometimes used to overcome the worries. 47% of them always, were talking positive. 47% of them always of them used to control emotions and feelings , 57% of them were sometimes facing problem during online study. 57% of them always were concerned about exam. 49% of them always, were afraid of future consequences, 39% of them sometimes were afraid of becoming a burden to their Family. In the past week, 20% of them always and 44% of them sometimes had covid-19 anxiety interfered with their social life and relationships. 35% of them always, and 39% of them sometimes used to practice deep breathing exercise , majority 43% of them sometimes could manage to control thoughts. 67% of them always used to have good nutritious food. 38% of them always practiced diversional activities. 47% of them always, used to communicate with relatives on phone or video conferencing. 42% of them always, used to ventilate feeling with parents or family members. 49% of them usually used to help by doing household activities. Majority 34% of them sometimes used to practice their likings and habits during lockdown period. 73% of them always used to practice safety measures. As a student, 57% of them always attended training online. 39% of them sometimes used to study regularly. 44% of them always created awareness among others as a health professional through media. 89% of them sometimes able to cope up this situation by following safety guidelines. 49% of them always, 31% of them usually felt self-confident to tackle the situation. 56% of them always, 28% of them usually would practice their routine after lockdown. Majority 83% of them always felt proud that they had chosen right profession. 57% of them always shared their problems with parents/ friends. 83% of them always shared medical knowledge with family/ Neighbours. 68% of them always had courage to care for covid-19 patients. 73% of them always would motivate friends to take up this challenging profession.



**Section III**

**Analysis of data related to association between selected demographic variables and Level of Mental Health among students during Lockdown**

**Table 4: Chi-square test for association between selected demographic variables and Level of Mental Health among students during Lockdown**

**N=100**

Demographic variable		Mental Health status		Chi-square	df	p-value
		Average	Good			
Age	15 to 18 years	1	2	2.21	2	0.332
	18 to 21 years	50	22			
	More than 21 years	15	10			
Gender	Female	46	24	0.00	1	1.000
	Male	20	10			
Educational qualification (B.Sc. Nursing)	1st year	16	10	0.54	3	0.910
	2nd year	21	9			
	3rd year	13	6			
	4th year	16	9			
Number of members in family.	4 to 6	53	33	5.81	2	0.055
	7 to 8	4	1			
	More than 8	9	0			
Type of family	Joint family	14	4	9.00	2	0.011
	Nuclear family	50	23			
	Separated	2	7			
Average Family income per month (In rupees)	Below 10,000	14	6	3.13	3	0.373
	10, 001 to 20,000	20	16			
	20, 001 to 30,000	14	4			
	30,001 and above	18	8			
Place of Resident	Rural	33	20	0.39	1	0.531
	Urban	33	14			
Religion	Christian	10	7	10.36	3	0.016
	Hindu	55	21			
	Muslim	1	4			
	Others	0	2			

Since p-values corresponding to type of family and religion were small (less than 0.05), type of family and religion were found to have significant association with the mental health status of students during lockdown. Number of members in the family was found to have marginal association with the mental health status of students during lockdown.



### **SCOPE OF THE STUDY/NURSING IMPLICATIONS:**

This study will contribute to nursing practice, to public health , education system and also mental health nurse professionals and nursing students.

This pandemic had an impact all over the world. It had a great impact on health care professionals and students especially nursing students who are futurewarriors. Finalyear B.Sc. Nursing students were worried about completion of their training period and to start their journey as nurse professionals . So they should cope up with this pandemic situation , should be courageous and tackle stressful situations to render care and creating awareness among community.

**CONCLUSION:-** During covid -19 the pandemic disturbed the daily routine all over the world Majority of the students were anxious still majority of them felt self-confident to tackle the situation and ready to practice their routine after lockdown. Majority of them always felt proud that they had chosen right profession. Majority of them shared medical knowledge with family/ Neighbours. had courage to care for covid-19 patients. would motivate friends to take up this challenging profession.

Type of family and religion were found to have significant association with the mental health status of students during lockdown.

### **SUGGESTIONS AND RECOMMENDATIONS:**

Suggestions on the basis of conclusion was to guide and counsel them to reduce their stress and anxiety to motivate them.Gude them with protective methods , attending online i GOT training sessions.

### **RECOMMENDATIONS:**

1. Similar study can be done at district, National and International level.
2. Studies can be conducted in larger settings to generalise the findings.
3. Studies can be conducted in other age groups e.g. Geriatric , paediatrics
4. Comparative studies can be conducted in rural and urban areas , male –female gender .
5. Present study is to assess mental health among nursing students similar study can be conducted in other disciplines .
6. Similar study can be conducted to assess level of stress, anxiety , attitudeamong students

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