**The International Journal of INDIAN PSYCHOLOGY**

**Research Paper**

# A study of the effect of media on stress level during lockdown

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**ABSTRACT**

The main purpose of this research was to find out the mean difference of the stress level score of the person watching the news channels less than an hour and more than an hour to less than three hours, To Measure Difference mean of the stress level score of the person watching the news channels less than an hour and more than three hours and to measure difference mean of the stress level score of the person watching the news channels more than an hour to three hours and more than three hours. The total 60 peoples as a variation belonging to district of Gir Somnath. where taken the research tool for 'Stress Scale' was measured by Dr M. Singh. The research tool was made in Gujarati. Here T - test was applied to check the significant of in level of stress between the person watching the news channels less than an hour and more than an hour to less than three hours, the person watching the news channels less than an hour and more than three hours and the person watching the news channels more than an hour to three hours and more than three hours. The study revealed that there was no significant difference between the person watching the news channels less than an hour and more than an hour to less than three hours in stress level there was 0.05 level significant difference, between the person watching the news channels less than an hour and more than three hours in life stress level was 0.01 level significant difference. between the person watching the news channels more than an hour to three hours and more than three hours in stress level was 0.01 level significant difference.

*Keywords:* *Covid-19, Stress, Lockdown, Media*

**H**ow does the media affect the stress level of the people during the lockdown time? it knowing is base of this research. We see that at present the only news in the media about the covid-19 detail like a increasing number of cases, symptoms of the disease and its severity of related to corona virus just are only the same news in media. Excessive listening to such news has negative effect. The purpose of this research is to study.

At the time of the current lockdown the person only has to stay at home. Staying at home they can't do more activities. Than most of people spend more time watching news channels on television. News channels are currently flooded with corona virus news from around the world, national and local area. Than we must know that, If a person sees such news more his stress level will increase ?

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The first of we know about stress.
*"The stress that arises when a person or an animal needs to make adjustable reactions to the situations that come before it is mindfulness."*

**- J. C. Coleman**

Surrounded by the difficulties or problems of human life. Humans are constantly trying to adjust and adjust. He also succeeds in solving most of the problems, but there are also many difficulties in life for which he does not find success and he does not see the way to solve them. However there are also individual variation. Many also face serious and extremely difficult situations. So many people suffer from depression even in small problems. Thus, who?, how much ?, how the stress will feel depends on the person and the situation. In this research one word lockdown is also as new in research. We know some things about it's also. A Lockdown is an emergency protocol that usually prevents or information from leaving an area. The protocol can usually only be initiated by someone in a position of authority. Lockdowns can also be used to protect people inside a facility or, for example, a computing system, from a threat or other external event.

In this research we measure to media affected on persons stress level. So we know about media and its type, and its work in society. Media are the communication outlets or tools used to store and deliver information or data. The term refers to components of the mass media communications industry, such as print media, publishing, the news media, photography, cinema, broadcasting (radio/television), and advertising. In this research media it means news media.

At the time of the current lockdown the person only has to stay at home. Staying at home they can't do more activities. Then most of people spend more time watching news channels on television. News channels are currently flooded with corona virus news from around the world, national and local area. Then we must know that, If a person sees such news more his stress level will increase? Also, the research purpose of this research are the study of the effect of media on stress level during lockdown.

## METHODOLOGY
*Objective*
The main objectives of study where as a under.
1. To measure difference, mean of the stress level score of the person watching the news channels less than an hour and more than an hour to less than three hours.
2. To Measure difference, mean of the stress level score of the person watching the news channels less than an hour and more than three hours.
3. To measure difference, mean of the stress level score of the person watching the news channels more than an hour to three hours and more than three hours.

*Null Hypotheses*
To related objectives of this study null hypothesis where us under.
1. There is no significant mean difference of the stress level score of the person watching time the news channels less than an hours and more than an hours to less than three hours.
2. There is no significant mean difference of the stress level score of the person watching the news channels less than an hour and more than three hours.

3.   There is no significant mean difference of the stress level score of the person watching time the news channel more than an hours to three hours and more than three hours.

## *Research Design*

The aim of present research was to study of the effect of media on stress level on stress level during lockdown.  The main purpose of this research was to find out the mean difference of the stress level score of the person watching the news channels less than an hour and more than an hour to less than three hours, To Measure Difference mean of the stress level score of the person watching the news channels less than an hour and more than three hours and to measure difference mean of the stress level score of the person watching the news channels more than an hour to three hours and more than three hours. The total 60 peoples as a variation belonging to district of Gir Somnath. To check difference between all group T-test method is used.

## *Sample*

The sample comprised of sixty persons. There were three groups of peoples first group was the person watching the news channels less than an hour, second group was the person watching the news channels more than an hour to three hours and third group was the persons watching the news channels more than three hours. In each group 20 persons fill up the questioner. The total number of sample is 60. This sample is selected randomly. And all the sample is residence in Gir Somnath District.

## *Instruments*

Following tools were used for data collection.

**A) Stress Scale :-**
The scale developed by Dr M. Singh. The scale of 40 item with 3 alternative response Varying from Always, Occasionally and Never, each to be rated on 3 point Scale. The maximum and minimum score obtained in the scale are 120 and 40 respectively. There reliability are retest method of 0.89 and Spearman Brown Formula reliability is 0.81. There Validity of this test are 0.67 very higher.

## *Procedure*

The Testing was done on a google form by social media give the instruction to fill the inventory. The Whole Procedure of fill the inventory was explained to them fully and clearly. All the peoples are feeling the scale properly. The all data to questioner divided in to three group there is as under.

Group 1 : the person watching the media less the one hour in day.
Group 2 : the person watching the media more than one hour and less than three hours in day.
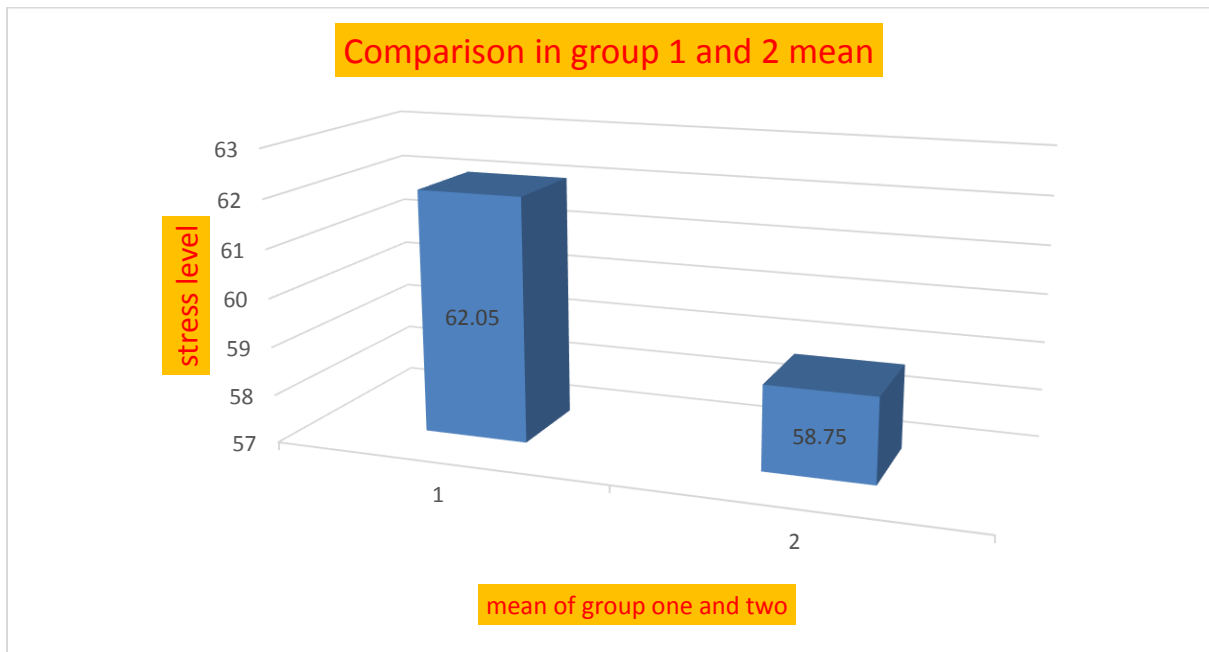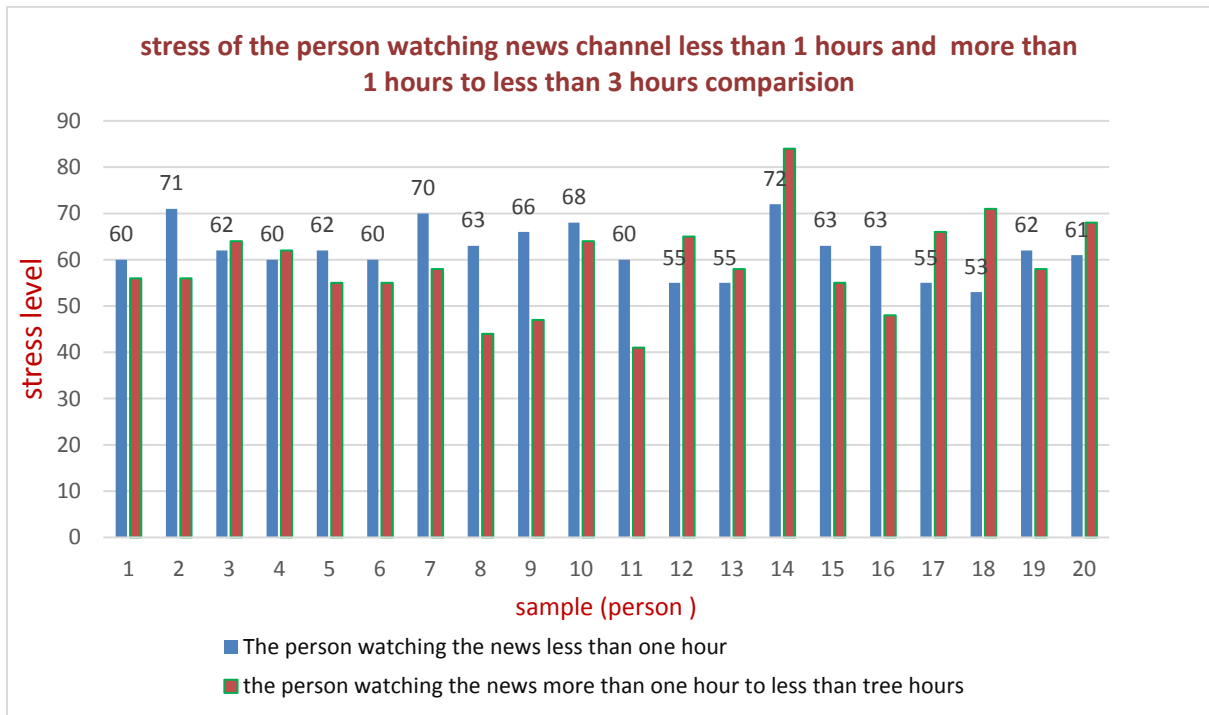Group 3 : the person watching the media more than three hour in day.

The total 60 peoples as a variation belonging to district of Gir Somnath. To check difference between all group T-test method is used. Three all group pair in one by one and compare there all data to check this hypothesis. At and the process of data analysis the result as under.

## RESULTS

The main objective of present study was to study of the effect of media on stress level on stress level during lockdown. Results is as under.

# A study of the effect of media on stress level during lockdown

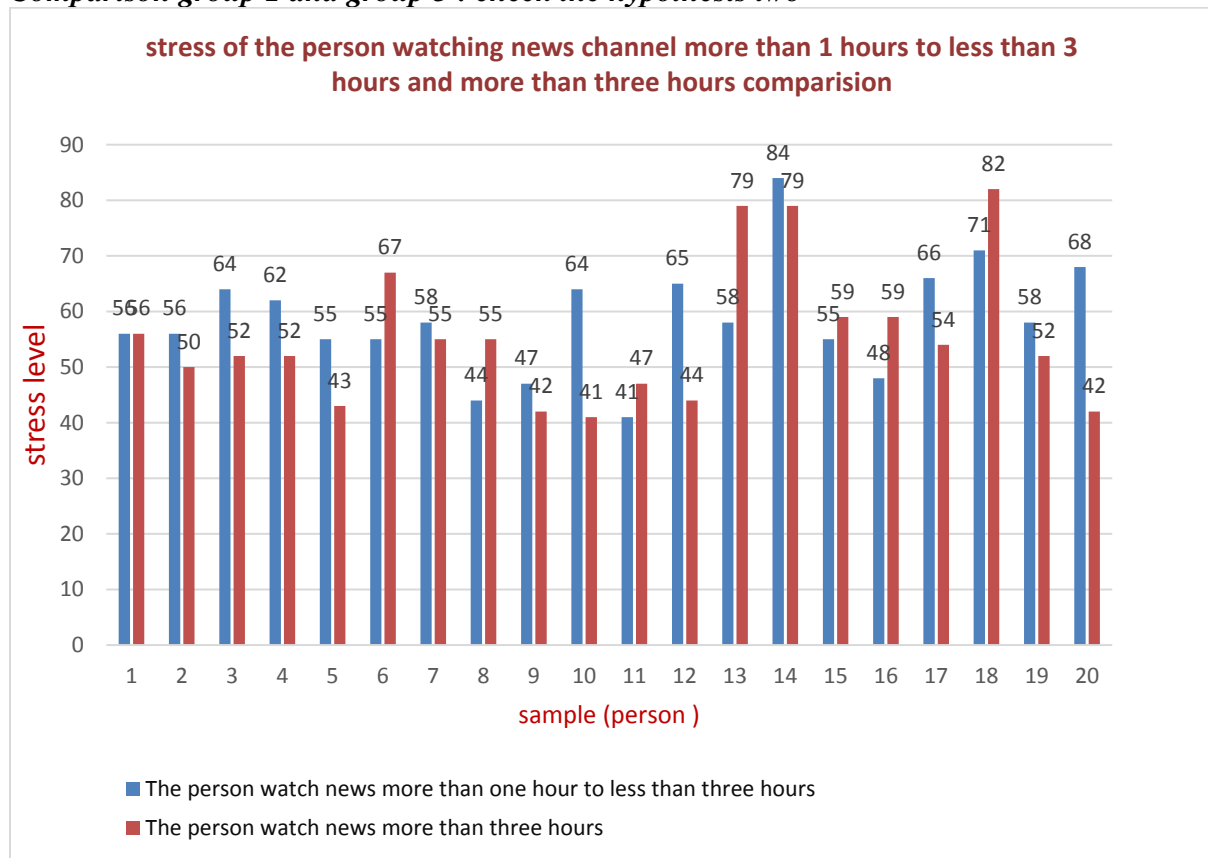## *Comparison group 1 and group 2 : check the hypothesis one*



stress of the person watching news channel less than 1 hours and more than 1 hours to less than 3 hours comparision



Comparison in group 1 and 2 mean

*Table No. 1 Showing mean, SD and t-value score of Stress Level among of the person watching time the news channels less than an hour (group 1) and more than an hours to less than three hours (group 2 ).*
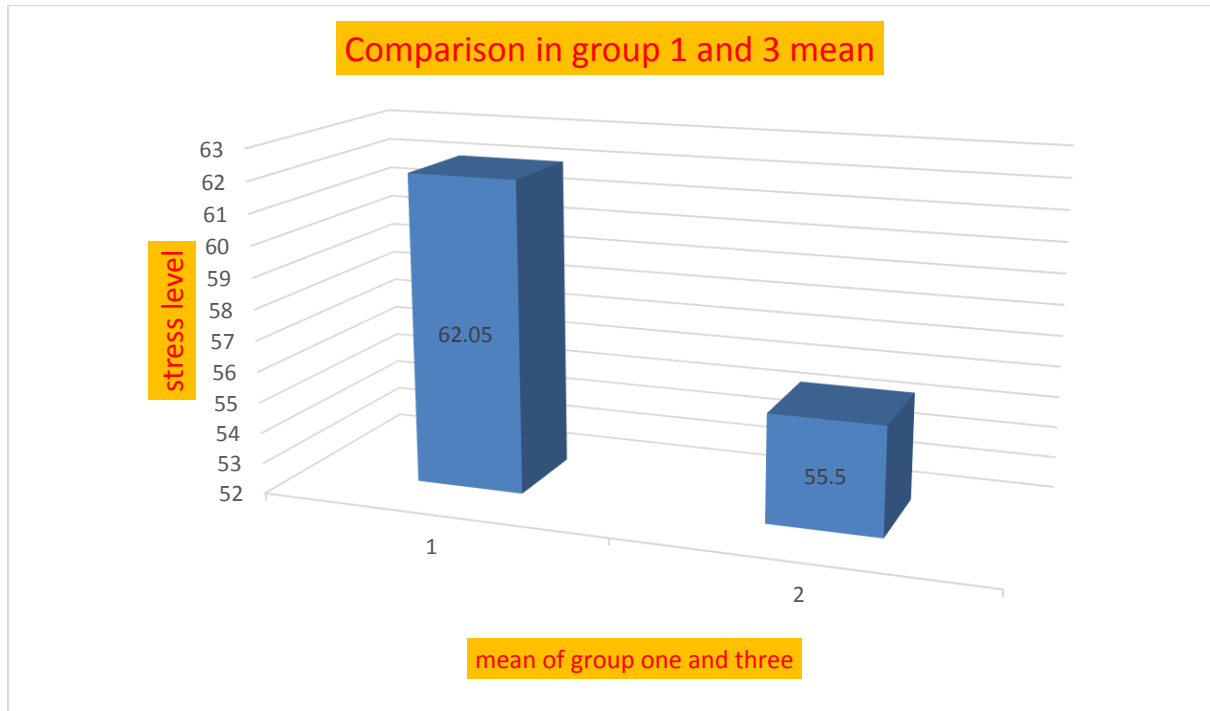
| Sr. no. | Sample group | N | Mean | S.D. | t | Sign. |
|---------|-------------|-----|-------|-------|-------|-------|
| 1. | The person watching time the news channels less than an hours | 20 | 62.05 | 12.68 | 1.063 | 0.5 |
| 2. | The person watching time the news channels more than an hours to less than three hours | 20 | 58.75 | 9.94 | | |

According to Table Number-1 indicates that the person watching time the news channels less than an hours received 62.05 means score 58.75 as compared that the person watching time the news channels more than an hours to less than three hours. 12.68 The standard deviation score of the person watching time the news channels less than an hours received and the person watching time the news channels more than an hours to less than three hours 9.94. the t value was 1.063 no significant. so we can say that first hypothesis was accepted.

*Comparison group 1 and group 3 : check the hypothesis two*



stress of the person watching news channel more than 1 hours to less than 3 hours and more than three hours comparision

Comparison in group 1 and 3 mean

stress level — mean of group one and three

*Table No. 2 Showing mean SD and T values score of the stress level score of the person watching the news channels less than an hour (group 1 ) and more than three hours ( group 3 )..*

| Sr. no. | Sample group | N | Mean | S.D. | t | Sign. |
|---------|-------------|---|------|------|---|-------|
| 1. | The person watching time the news channels less than an hours | 20 | 62.05 | 12.68 | 1.106 | 0.01 |
| 2. | The person watching time the news channels more than three hours | 20 | 55.5 | 11.77 | | |

According to Table Number-2 indicates that the person watching the news channels less than an hour received 62.05 mean score 55.5 as a compared the person watching the news channels more than three hours. The standard deviation score of the person watching the news channels less than an hour received 12.68 and the person watching the news channels more than three hours received 11.77. the t-value was 1.106 significant at 0.01 level. so we can say that second hypotheses was accepted.

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*Comparison group 2 and group 3 : check the hypothesis three*



stress of the person watching news channel less than 1 hours and more than 3 hours comparision
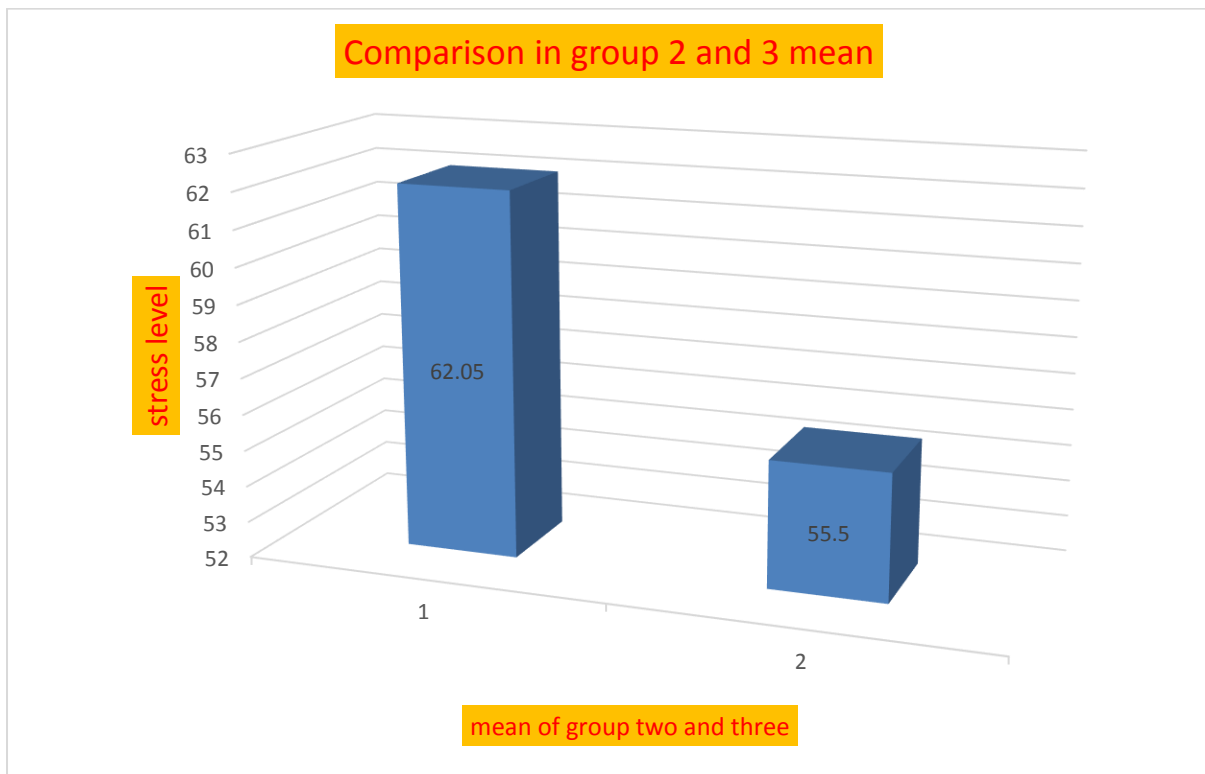


Comparison in group 2 and 3 mean

*Table No. 3 Showing mean SD and T values score of the person watching the news channels more than an hour to three hours ( group 2 ) and more than three hours ( group 3 ).*

| Sr. no. | Sample group | N | Mean | S.D. | T | Sign. |
|---------|--------------|---|------|------|---|-------|
| 1. | The person watching time the news channels more than an one hours to less than three hours | 20 | 58.75 | 9.94 | 1.042 | 0.01 |
| 2. | The person watching time the news channels more than three hours | 20 | 55.5 | 11.77 | | |

According to Table Number-3 indicates that the person watching the news channels more than an hour to three hours received 58.57 mean score 55.5 as a compared the person watching the news channels more than three hours. The standard deviation score of the person watching the news channels more than an hour to three hours received 9.94 and the person watching the news channels more than three hours received 11.77. the t-value was 1.042 significant at 0.01 level. so we can say that second hypotheses was accepted.

## DISCUSSION

We can conclude by data analysis as follows.

(1.) There were no significant difference between the mean scores of the person watching time the news channels less than an hours and more than an hours to less than three hours two groups in stress level. the t value was 1.063 no significant. so we can say that first hypothesis was accepted and there two group stress level is no more difference.

(2.) There were no significant difference between the mean scores of the person watching the news channels less than an hour and more than three hours two groups in stress level. the t-value was 1.106 significant at 0.01 level. so we can say that second hypotheses was accepted and there two group stress level is no more difference.

(3.) There was significant difference the mean scores of the person watching the news channels more than an hour to three hours and more than three hours two groups in stress level. the t-value was 1.042 significant at 0.01 level. so we can say that second hypotheses was accepted and there two group stress level is no more difference.

It means who persons more sees media and persons less sees media his stress level no effect their mental stress level.

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