

Psychological impact of lockdown of COVID-19 in adolescents

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ABSTRACT

Covid-19 is a world's biggest issue. It is spreading all over the world day by day. There is no treatment for this disease but one can take only precautions like staying at home, wash hands frequently, use masks etc. Therefore, our government has decided to lockdown till the improvement of conditions. In this situation all citizens are staying at home. The thrust of this study is to know the psychological impact of lockdown on adolescents of Ranchi. Here psychological impact refers the level of stress. Stress is a psychological problem which produces physical, emotional or mental disturbances in a person. Pre-test post test design has been applied in this study. 50 healthy adolescents were administered Student Stress Scale before and after 1 month of lockdown. t-test was used for the treatment of data. The present study reveals that adolescents feel higher level of stress after 1 month of lockdown in comparison to before lockdown. This study also reveals that female adolescents have higher level of stress in both conditions (before and after 1 month of lockdown) in comparison to male respondents.

Keywords: *Psychological Impact, Lockdown, Covid-19*

Nowadays lots of countries are under lockdown because of covid-19. Covid-19 is the world's biggest challenge. It is kind of communicable disease and this virus can spread very easily from one affected person to another. There is no prescribed vaccine or any other medicine available for the treatment of covid-19. Only precaution is the way to stop the increasing level of this disease. Therefore, lots of countries have decided for lockdown to stop the spread of Covid-19. The government of India has also announced to lockdown from the mid of March 2020.

During this lockdown lots of people feel psychological problems. Students are very eager to attend their classes but they have only one option to complete their courses by online classes or any other options provided through internet. Most of the students worry about their sessions. They think about their examinations. Their ambitions and expectations are being badly influenced by this situation. Students do not come out of their homes. They are not able to play outside with their friends and colleagues.

The thrust of this study is to know the psychological influences of lockdown on adolescents. Stress is one of the important factors to determine the psychological health of any person. In this study psychological influence refers the level of Stress.

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Stress is the reaction of body towards any change which requires adjustment. Our body adjusts by physical, mental and emotional responses. This is a normal part of our life. Everyone feels stress from the environment, body and thoughts. Both positive and negative events of life may produce stress. For example, promotion of the person is a kind of positive stress and over work load is a kind of negative stress.

Impacts of Stress

Stress may produce anxiety and depression, any kind of pain, sleeping problems, autoimmune diseases, digestive problems, skin diseases such as eczema, Heart disease, Weight problems, reproductive issues, thinking and memory problems, negativity, poor judgment, inability to concentrate, poor adjustment, anxious or racing thoughts, loneliness.

Lazarus and Folkman (1984) stress may be a specific relationship between the person and therefore the environment which is assessed by the people exceptional their resources and endangering their well-being.

Operational definition- Stress is a psychological problem which produces physical, emotional or mental disturbances in a person.

Manikandan et.al (2015) found that stress level was moderate in adolescents. Locality significantly influences the level of stress.

Dhull & Kumari (2015) investigated that female adolescents were in more academic stress in comparison to male counterparts.

Kaur (2017) found that adolescent students of working mother feel more stress in comparison to adolescent students of non-working mothers. He also found that adolescents belonging to poor environment have higher level of stress.

Rentala, Nayak et.al (2019) coded that most undergraduate and graduate adolescents experienced educational stress. This experience depends on personality type and educational background of the family.

Objective

To compare the level of stress of adolescents before or after lockdown.

To know the impact of gender on the level of stress.

Hypothesis

The level of stress would be higher in adolescents after lockdown.

Female adolescents feel more stress in comparison to male adolescents.

METHODOLOGY

Sample

50 healthy adolescents “age range 15-18” including equal number of male and female were selected by random sampling method from Ranchi.

Design

Pre-test post test design

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Variables

Independent variable- Lockdown of Covid-19, Gender

Dependent Variable- Stress

Criteria

Inclusion	Exclusion
15 to 18 years old adolescents	Below 15 and above 18 years old adolescents
Healthy adolescents	Unhealthy adolescents
Urban area	Rural areas

Tools

- 1. Person Data Questionnaire (PDQ)** -A short PDQ was used to get essential information from the respondents. Such as, Age, locality, email id, mobile number etc.
- 2. General Health Questionnaire-12 (GHQ-12)** – This scale has been used to identify healthy adolescents. General Health Questionnaire was developed by David Goldberg and Paul Williams (1979) in a 60 items format. This scale was adapted in Hindi by Shiv Goutam in 1987. GHQ-12 is the short version of GHQ- 60. The scale has 12 items. 0,0,1,1 score is given for each four alternatives of the item respectively. The respondents who got total score of 2 or less than 2 are selected as healthy adults. The test- retest reliability of this scale was 0.83 and split half reliability was 0.78.
- 3. Student Stress Scale (SSS)** – This scale was created by Dr. Zaki Akhtar in 2011. This scale has been used to measure the level of stress in adolescents. This scale has 51 items, in which 41 positive items and 10 negative items. This scale is based on likert 5-point scale. Score 1-5 were given for the alternatives of positive items and negative items were scored in the opposite direction. High score indicates higher level of stress. Split-half reliability of this scale is 0.78 and test-retest reliability is 0.71. Construct validity of this scale is 0.72.

Procedure

At the very outset adolescents were selected randomly from every 5th house of the street of Ranchi. Adolescents who met the inclusion criteria were chosen as a participant. A workable rapport has been established and Personal Data Questionnaire, Student Stress Scale has been applied on them. After 1 month of lockdown the same respondents were again fulfilled the Student Stress Scale through email. Then data was feed in SPSS version-16 and t-test was used for the treatment of data.

RESULTS

Table-1 Comparison of stress in adolescents before and after lockdown

Group	N	Mean	SD	t-value	df	P
Before lockdown	50	1.3564E2	14.38786	39.358	49	0.01
After 1 month of lockdown	50	1.8104E2	10.62911			

Above table shows that before lockdown mean score of 50 respondents on Student Stress Scale is 1.3564E2 and after lockdown mean score is 1.8104E2. High score indicates higher level of stress. After lockdown respondents feel higher stress in comparison to before

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lockdown. t-value 39.358 is significant on 0.01 level. Thus, lockdown significantly influences the stress level of the adolescents. Therefore, the proposed hypothesis is accepted.

Graph-1 (Bar diagram) showing mean score on Student Stress Scale

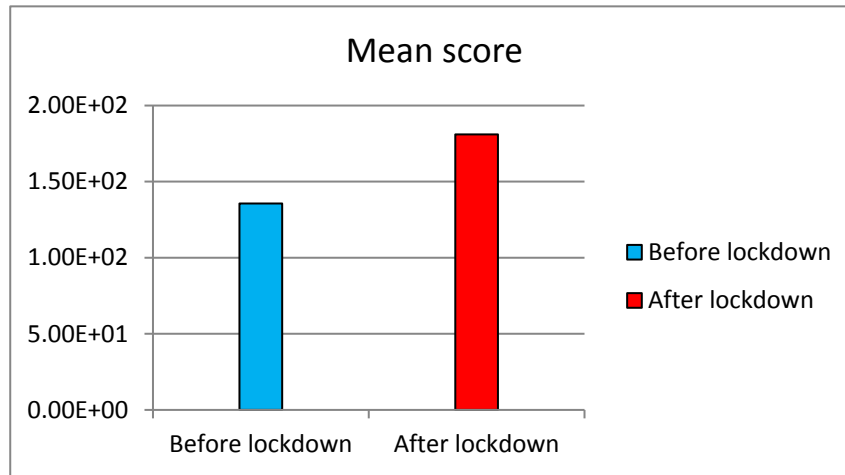
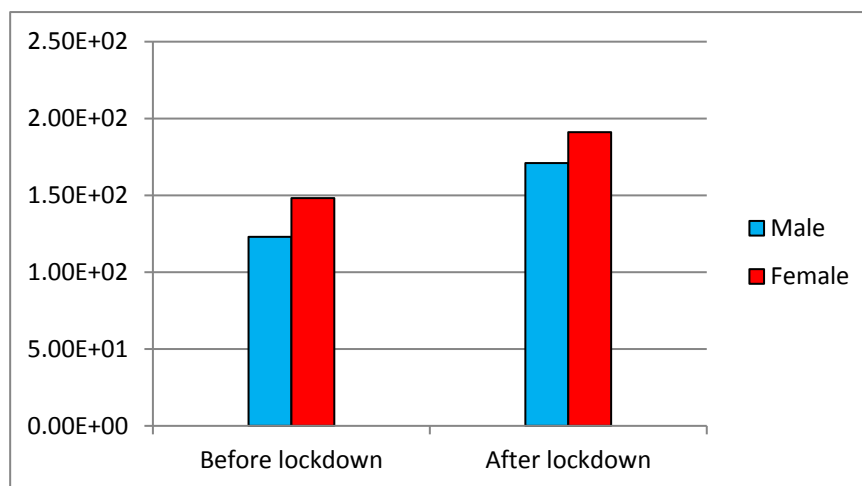


Table-2 Gender difference in terms of stress level before and after lockdown

Group	Gender	N	Mean	SD	t-value	df	P
Before lockdown	Male	25	1.2304E2	6.80368	13.144	48	0.01
	Female	25	1.4824E2	6.75327			
After lockdown	Male	25	1.7100E2	2.92973	22.089	48	0.01
	Female	25	1.9108E2	3.47515			

Above table shows that before lockdown female adolescents have got higher score (1.4824E2) than male adolescents (1.2304E2). After lockdown females got again higher score (1.9108E2) than male adolescents (1.7100E2). Thus, female respondents have got higher score in both groups (Before and after lockdown). This is clear that females feel more stress than male adolescents. Thus, the proposed hypothesis is accepted.

Graph-2 (Bar diagram) showing mean score on Student Stress Scale of male and female adolescents



DISCUSSION

Our country has been in lockdown to stop Covid-19. It is a communicative disorder and world's largest challenge. During this lockdown people feel psychological problems. Adolescents are also badly affected by this situation. Stress is one of the psychological disturbances.

According to the first result table it has been found that respondents feel significantly higher level of stress during lockdown. The age group of 15-18 adolescents spent most of their time in schools or colleges. They also like to enjoy with friends and collegiate. So, they are habitual to spent time outside. In this stage of life, adolescents are also eager to decide their future goals. Most of the adolescents are in 10th or 12th standards. Therefore, they have also family pressure to get higher scores in examinations. During this lockdown they are not able to fulfill their all desires. Therefore, this type of result has been found.

According to the second result table it has been found that female adolescents have higher level of stress than male adolescents in both conditions (before and after 1 month of lockdown). Females have more family responsibilities. They have to do household work with their mothers. Dhull & Kumari (2015) also found that female adolescents had more academic stress in comparison to male adolescents.

CONCLUSION

The present study reveals that lockdown significantly influences the level of stress in adolescents. Female adolescents have higher level of stress before and after 1 month of lockdown than male adolescents.

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Conflict of Interest

The author declared no conflict of interest.

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