

## A study of the stress among people in time of lockdown

Dr. H. D. Vaghamshi<sup>1\*</sup>

### ABSTRACT

The purpose of this study was to carry out a research of observational studies that consider links among the people in time of lockdown. 2X2X3 factorial design was used. Data collections were done with help of “Stress Questionnaire” by Dr. Sailesh Jani (2019). The sample was taken by webinar method. Total 152 samples were taken from Rural and Urban area of Bhavnagar district among them 43 are female and 109 are male. The collected data statically analyzed with the help of ‘t’ test. Result showed that A. There is significant difference of stress level between Rural and Urban area. B. There is significant difference of stress level between Male and Female gender. C. There is no significant difference of age of up to 40 and 41 & above. Result show that variable like area, gender and age are effect on the stress in time of the lockdown.

**Keywords:** *Pandemic, Stress, COVID-19*

The corona virus lockdown is not just claiming lives but the state of the pandemic is making people restless and stressed. We don't know when will we go back to normal, when things shall get better or quite frankly, what does the new future look like. It's natural to feel stressed and our emotions to run high during these unprecedented times. For those with a mental illness, this time can be even tougher to navigate through. Being kind to your self can prove to be emotionally taxing. However, do remember that just as important it is to stay healthy, being mentally well is also important.

In short, and perhaps unsurprisingly, people who are quarantined and who are stay home are very likely to develop a wide range of symptoms of psychological stress and disorder, including low mood, insomnia, stress, anxiety, anger, irritability, emotional exhaustion, depression and post-traumatic stress symptoms. Low mood and irritability specifically stand out as being very common, the study notes.

In the midst of a pestilence, individuals will in general experience dread of getting tainted with the infection/sickness bringing about tension, stress, and melancholy, and so forth. (Corridor et al. 2008). Stress can be clarified as a sentiment of enthusiastic and physical strain that emerges from any occasion that undermines our homeostasis (Selye 1956). Then again, the dread of the obscure is named as uneasiness, which is the body's regular reaction to stretch (Holland 2018). Misery is seen as a condition of lack of engagement in the day by day

<sup>1</sup> Assistant Professor, Dept. of Psychology, Swami Sahajanand College of Arts, Bhavnagar-364001, India

\*Responding Author

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exercises. It is induced that individuals confronting a pandemic with no immunization would bring about the dread of the obscure (for this situation, the coronavirus) making them restless, pushed, and discouraged. Remembering the worries with respect to mental misery raised far and wide, Xiang et al. (2020) have contended for an opportune activity on emotional wellness during the Covid-19 pandemic. Moreover, the World Health Organization (WHO 2020) has additionally given open intrigue rules to address mental issues that may emerge. What is disturbing is the increased dread identified with the coronavirus finishing in individuals submitting suicides (Goyal et al. 2020; Mamun and Griffiths 2020). An investigation by Wang et al. (2020) announced extreme mental misery (uneasiness, stress, and discouragement) during Covid-19 among Chinese nationals. Additionally, another examination on Chinese nationals discovered mental trouble, for example, stress, nervousness, and despondency very normal and subsequently, disturbing (Qiu et al. 2020). Clearly, individuals' psychological wellness was severely influenced during pandemics, for example, SARS. For instance, Leung et al. (2003) found that his respondents announced encountering tension during SARS. Additionally, stress, misery, and nervousness were likewise seen as normal among individuals during SARS (McAlonan et al. 2007), be that as it may, these were fundamentally higher for the high-chance populace, for example, wellbeing laborers. In one more exploration, Hawryluck et al. (2004) found that individuals who were isolated during SARS announced a significant level of mental trouble. Plainly, being social is a human propensity that encourages social cooperation, and consequently, when our developments are reduced, mental pain results (Usher et al. 2020). Van Bortel et al. (2016), and Kumar and Nayar (2020) have proposed that issues of emotional well-being ought to be thought of and furthermore tended to as nervousness, stress, dread, injury, powerlessness and other mental issues are experienced during a pandemic.

Apparently in India, the current lockdown influences individuals distinctively concerning their sex, calling, financial status or their living spot, and so forth. For example, an individual who is with his family with all the necessities (everyday needs) may not be as troubled as somebody who doesn't have the equivalent. Moreover, cutting edge laborers, (for example, wellbeing experts) would be more upset than some different experts, (for example, programming engineers). Basically, for Dandekar and Ghai (2020), the effect of lockdown would likewise be impacted by the assets individuals have as seen in the movement of individuals. The situation of vagrants is upsetting and has pulled in the consideration of the world (Ellis-Petersen and Rahman 2020). Reports of individuals purging stores and frenzy purchasing are demonstrative of how on edge individuals are (Nicola et al. 2020) in the midst of the pandemic. Understudies everywhere throughout the world, are additionally encountering trouble in view of the vulnerability of assessments in their schools and universities, and with respect to accessibility of occupations, and so on. In spite of educators attempting their level best to show understudies on the web, the effect of such instructing isn't ideal. The essential explanation being, that all understudies can't manage the cost of online stages use and easily progress to internet realizing which can have a tremendous negative impact on understudies' vocation way (Agha 2020). Cao et al. (2020) opined that uneasiness issues among understudies during Covid-19 are identified with their poor financial conditions, day by day life occasions, and hampered scholastic exercises. In their examination, Roy et al. (2020) discovered significant levels of tension among Indians during the Covid-19 episode.

## **METHODOLOGY**

### *Hypothesis:*

**H0<sub>1</sub>.** There is no significant difference of stress between rural and urban group.

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**H0<sub>2</sub>**. There is no significant difference of stress between male and female.

**H0<sub>3</sub>**. There is no significant difference of stress between age of up to 40 and 41 & above.

### Sample:

The sample was selected by online means webinar method. Total 152 sample taken from urban and rural area in Bhavnagar city by online webinar method. Among them 143 Male and 43 Female.

### Research Design:

2X2X2 Factorial Design was used.

A = Area	B = Gender	C = Age
A <sub>1</sub> = Rural	B <sub>1</sub> = Male	C <sub>1</sub> = up to 40
A <sub>2</sub> = Urban	B <sub>2</sub> = Female	C <sub>2</sub> = 41 and above

### Tools:

#### (A) Individual information sheet:

Individual variable like a (1) Area: College Boys and Girls (2) Gender: Male and Female (3) Age: upto 40 and 41 & above.

#### (B) Stress Questionnaire:

Tool was used constructed and standardize by Dr. Sailesh Jani (2019). I reliability was found 0.90 through split half method 0.85 through spearman brown method and Validity was found 0.68.

### Procedure:

The scale of 'Stress questionnaire'. The scale of made of two option. Option was in either in 'agree' and 'disagree'. This scale considered 25 sentences. The response category has been provided each question. Response 'agree' mark '1' and response 'disagree' mark '0'. The maximum possible score is '25' and the minimum possible score is '0'. High score is to be interpreted as high stress level and low score of as normal stress level.

### Statistics:

Here in this study the 't'-Test was conducted as a statistical technique to prove the aim.

## RESULT

**Table : 1, Showing the summary**

**'t' ratio of stress level between Rural and Urban area.**

Group	N	M	SD	df	't'- ratio	Level of Significant
Rural	30	13.80	5.20	150	2.02	0.05
Urban	122	15.22	3.66			

**Table : 2, Showing the summary**

**'t' ratio of stress level between Male and Female gender.**

Group	N	M	SD	df	't'- ratio	Level of Significant
Male	109	14.96	4.21	150	2.53	0.05
Female	43	16.58	3.25			

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**Table : 3, Showing the summary  
't' ratio of stress level between age of up to 40 and 41 & above.**

Group	N	M	SD	Df	't'- ratio	Level of Significant
Upto 40	129	15.12	4.07	150	1.60	N.S.
41 & above	23	17.13	3.52			

### DISCUSSION

The data collected were computed, analyzed and interpreted. The statistical measures like mean, standard deviation, degree of freedom, 't' test were computed and results were tested with hypothesis.

H<sub>01</sub> there will be significant mean difference of stress level between Rural and Urban area. The observed value of 't' is found to be 2.02 which is more than the table value of 't' is 1.98 as per 0.05 levels. Hence H<sub>01</sub> is not accepted it means there is significant difference of the mean score of stress level between Rural and Urban area. Studies on stress level have found differences in stress between people in rural and urban areas. But there is no special difference between into two group. This means that people living in both areas have the same attitude.

H<sub>02</sub> there will be significant mean difference of stress level between Male and Female gender. The observed value of 't' is found to be 2.53 which are more than the table value of 't' is 1.98 as per 0.05 levels. Hence H<sub>02</sub> was not accepted it means there is significant difference of the mean score of stress level between Male and Female gender. Studies on stress have found differences in stress level between people in male and female gender. But there is no special difference between the two genders. Because whether it is a woman or a man, both are human. Lockdown affects men as much as it affects women. So the proportions of morale are the same in both.

H<sub>03</sub> there will be no significant mean difference of stress level between age of up to 40 and 41 & above. The observed value of 't' is found to be 1.60 which are less than the table value of 't' is 1.98 as per 0.05 levels. Hence H<sub>03</sub> was accepted it means there is no significant difference of the mean score of stress level between age of up to 40 and 40 above. Studies on stress do not show a difference in stress level between people over the age of 40 and those aged 41 and over. The reason behind this may be that the concern between the two groups is the same in every respect. Also the stress problem of the lockdown is in both the ages i.e. the mood is seen so the field may be different according to the age of both. Therefore, it can be said that morale is found in both the groups.

### CONCLUSION

- A. There is significant difference of stress level between Rural and Urban area.
- B. There is significant difference of stress level between Male and Female gender.
- C. There is no significant difference of age of up to 40 and 41 & above.

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