

Effect of COVID-19 pandemic situation on emotional intelligence and anxiety among college students

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ABSTRACT

Research Method- Objectives of the study- To find out the effect of COVID-19 Pandemic Situation on emotional intelligence and anxiety among college students. **Hypothesis** – 1. There will be positive impact found between pre and In COVID-19 Pandemic Situation of college students dimension on emotional intelligence and anxiety. **Sample** - The present study 120 college students were selected from Aurangabad District. Among them 60 Before COVID-19 Pandemic Situation of college students and 60 In COVID-19 Pandemic Situation of college students. The age group of students is 18-24 years (M=20.36, SD = 2.12). Non-probability purposive sampling method was used in the present study. Tools 1. Emotional intelligence *scale*- by Hyde pethe and Dhar 2. Shinha's Comprehensive Anxiety Test **Statistical Analysis** - "t" value was used for statistical analysis of data. **Conclusions:** 1. Before COVID-19 Pandemic Situations of college students have significantly high emotional intelligence than the in COVID-19 Pandemic Situation of college students. 2. In COVID-19 Pandemic Situation of college students have significantly high anxiety than the before COVID-19 Pandemic Situation of college students.

Keywords: COVID-19, Pandemic Situation, College Students, Emotional Intelligence, Anxiety

In mild of the surprising and world unfold of a disaster like the Corona virus (COVID-19) which affected hundreds of thousands of lives worldwide, now not solely bodily however additionally emotionally in the shape of panic attacks, obsessional behavior, anxiety, and fear. Malbehavior has been seemed such as selfishness and storing items which affected social concord and countrywide income.

Through our obligation in the subject of psychiatry toward humanity, we undergo an awesome duty on us to confront such crises, in which we want to assist the greatest wide variety of humans at the world level. At this time, inaccurate records are a serious danger, whether or not in the psychological component or the natural side, and a lot of humans round the world have their clinical data via social media and no longer the authorized clinical sites. Therefore, it is vital to differentiate between fitness records and rumors as

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well. Also, it is essential to make clear the notion and acquisition of emotional brain and emotional balance in the face of crises.

Emotional intelligence is viewed a famous assemble and is accountable for success in each and every issue of a individual life. Goleman (1995) theorized that emotional talent gives the base for emotional intelligence that promote social and private competencies in humans for higher overall performance at work places. Those who have excessive competency can understand thoughts and affect others feelings, as in contrast to these who have much less capability. They normalize their thoughts and are in a position to function higher in organization.

Generally speaking, the use of media is seen as a double-edged sword having both positive and negative impacts on this group. It makes the youth and adolescents weak in real life skills, takes them away from reality, helps living in fantasy, decreases interpersonal interactions, diminishes outdoor activities, creates violence in their mind due to violent games, increases anxiety levels wanting to achieve game targets, distracts them from study, alters their lifestyle, time management and eating habits, causes addiction and psychiatric disorders as depression, bipolar disorder, obsessive compulsive disorder and attention deficit disorder (Muduli, 2014).

Abdel-Fattah HMM (2020) The cutting-edge find out about is aimed at placing the mild on the function of emotional talent and emotional balance on confronting crises in commonplace and the present disaster of COVID-19 which has world affect until the existing moment. Data have been accumulated from exceptional sources specially the current worldwide scientific problems and publications as Centers of Disease Control and Prevention (CDC) [1] as nicely as the modern countrywide issues. Data published that there is lack of recognition involving the present pandemic of corona virus (COVID-19) which requires clearance of the correlation between the bodily and psychological have an impact on on the human being all over the world. Also, to make clear the significance of the emotional Genius and emotional balance in confronting the current worry and nervousness precipitated by means of corona virus. Finally, there are positive guidelines ought to be taken in consideration to relieve panic and nervousness amongst the human beings dealing with the stress of blended signs and symptoms and signs and symptoms of corona virus and how to deal with this crisis.

Salovey and Mayer (1990) had described emotion talent as "a kind of social brain that entails the capacity to display one's personal and other's emotions, to discriminate amongst them, and to use this data to information one's questioning and actions" (Salovey P, Mayor JD, & D, 2002). Ionnidou (2008) referred to it as the capability to manage one's needs and to put off their fulfillment, to adjust others' mood, to isolate feeling from thinking, to vicinity you into another's footwear and to hope. Simply, it is the technique of regulating each emotions and expressions (Ioannidou & Konstantikaki, 2008).

In instances of an epidemic, human beings have a tendency to ride concern of getting contaminated with the virus/disease ensuing in anxiety, stress, and depression, etc. (Hall et al. 2008). Stress can be defined as a feeling of emotional and bodily tension which arises from any tournament that threatens our homeostasis (Selye 1956). On the different hand, the concern of the unknown is termed as anxiety, that is the body's herbal response to stress (Holland 2018). Depression is considered as a country of disinterest in day by day activities.

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It is surmised that humans going through a pandemic with no vaccination would end result in worry of the unknown (in this case, the coronavirus) making them anxious, pressured and depressed. Keeping in idea the worries related to psychological misery raised round the globe, Xiang et al. (2020) have argued for a well timed motion on intellectual fitness at some stage in the Covid-19 pandemic.

METHODOLOGY

Objectives of the study

- To find out the effect of COVID-19 Pandemic Situation on emotional intelligence and anxiety among college students.

Hypothesis

- There will be positive impact found between pre and In COVID-19 Pandemic Situation of college students dimension on emotional intelligence and anxiety.

Sample

The present study 120 college students were selected from Aurangabad District. Among them 60 Before COVID-19 Pandemic Situation of college students and 60 In COVID-19 Pandemic Situation of college students. The age group of students is 18-24 years (M=20.36, SD = 2.12). Non- probability purposive sampling method was used in the present study.

Variables

Independent Variables –

Types of COVID-19 Pandemic Situation

- Before COVID-19 Pandemic Situations
- In COVID-19 Pandemic Situations

Dependent Variables –

- Emotional Intelligence
- Anxiety

Tools

- Emotional intelligence scale Hyde Pethe & Dhar:** The present emotional intelligence (EIS) consists of 34 statements with five alternatives there is no time limit for completion the scale. It is a individual as well as group test.
- Shinha's Comprehensive Anxiety Test:** The Anxiety test was developed by Arun Kumar sinha and to measure the Anxiety. In this test 90 items are there and YES and No Alternative. And this test in highly reliable and valid.

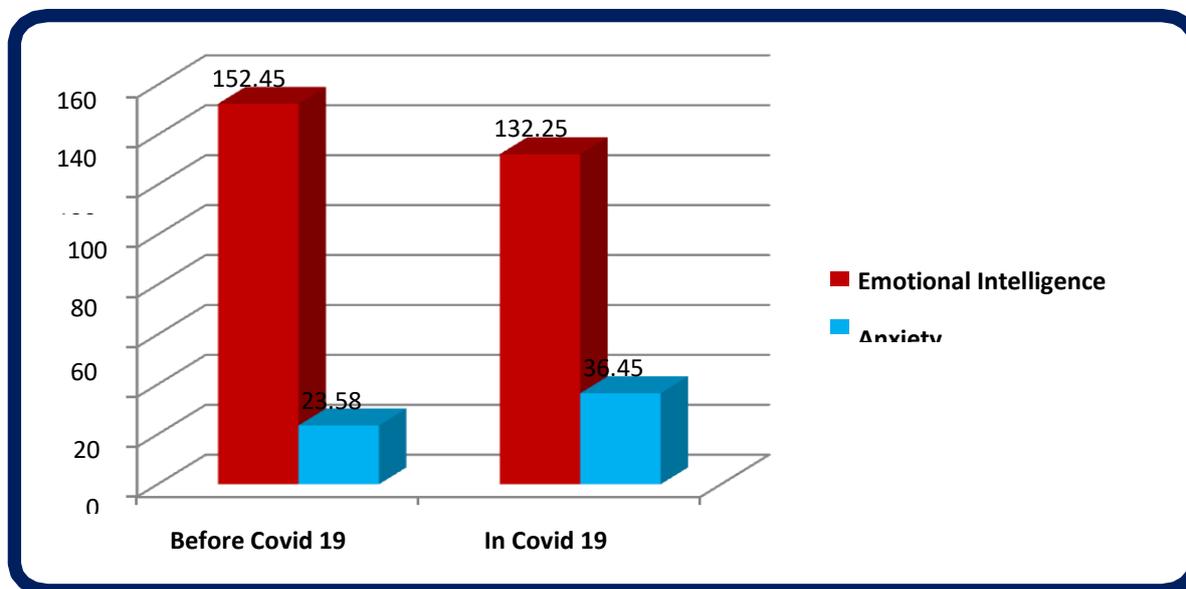
Statistical Analysis

“t” test was used for statistical analysis of data.

	Type of COVID-19 Pandemic Situation						t value
	Before COVID-19			In COVID-19			
	Mean	SD	N	Mean	SD	N	
Emotional Intelligence	152.45	8.68	60	132.25	9.03	60	12.49**
Anxiety	23.58	7.99	60	36.45	9.14	60	9.04**

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Before COVID-19 Pandemic Situation of college students mean is 152.45 and In COVID-19 Pandemic Situation of college students mean is 132.25 on dimension Emotional Intelligence. And the difference between the two mean is highly significant "t" (118) = 12.49, P < 0.01). It concluded that the before COVID-19 Pandemic Situation of college students have significantly high emotional intelligence than the in COVID-19 Pandemic Situation of college students.



Before COVID-19 Pandemic Situation of college students mean is 23.58 and In COVID-19 Pandemic Situation of college students mean is 36.45 on dimension anxiety. And the difference between the two mean is highly significant „t“ (118) = 9.04, P < 0.01). It concluded that the in COVID-19 Pandemic Situation of college students have significantly high anxiety than the before COVID-19 Pandemic Situation of college students.

COVID-19 is an infectious condition, which capability it can be spread, without delay or indirectly, from one man or woman to another. It is brought about by means of the newly located coronavirus, referred to as as novel coronavirus, first recognized in Wuhan, China, in December 2019. The lack of proven data and floating rumors are to be blamed for the so plenty panic. People are no longer solely bodily inclined to crises, however psychologically prone too. Every predominant incident will have intellectual fitness penalties for some of these involved. It has been estimated that up to 80% of these affected with the aid of a crises will have momentary moderate distress, 20-40% a psychological ailment in the medium term, and up to 5% may also be left with a long-term problem. Fortunately, the majority of these affected will get better barring expert intervention.

CONCLUSIONS

1. Before COVID-19 Pandemic Situations of college students have significantly high emotional intelligence than the in COVID-19 Pandemic Situation of college students.
2. In COVID-19 Pandemic Situation of college students have significantly high anxiety than the Before **COVID-19 Pandemic Situation of college students.**

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Conflict of Interest

The author declared no conflict of interest.

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