

Perceived Stress in College Students & Employees During COVID-19 Pandemic

Ayesha Anjum^{1*}, Sushma M R²

ABSTRACT

Stress can be Physical, emotional or mental reactions to certain situations or events to which the body reacts. Stress is dealt by everyone at some point of time in their lives; at your job, personal life, illness, financial crisis etc. Stress can have negative influence on the employee's and student's performance, productivity, etc. The researcher in this study decided to study the effect level of stress in employees and students who worked /studied during pandemic. The participants in this research were administered by a structured questionnaire (PSS) Perceived Stress Scale, to collect demographic data. Data was collected from two groups which included students and employees, with 100 participants each. The results indicate there is no significant difference in stress among employees and students.

Keywords: *Stress, COVID-19, Students and Employees*

Covid sickness (COVID-19) is an irresistible infection brought about by a new found Covid. The vast majority tainted with the COVID-19 infection will encounter mellow to direct respiratory ailment and recuperate without requiring uncommon treatment. More seasoned individuals and those with basic clinical issues like cardiovascular sickness, diabetes, persistent respiratory infection, and malignant growth are bound to create genuine ailment.

The most ideal approach to forestall and hinder transmission is to be very much educated about the COVID-19 infection, the sickness it causes and how it spreads. Shield yourself as well as other people from contamination by washing your hands or utilizing a liquor based rub regularly and not contacting your face (World Health Organisation)

Stress

Stress can be Physical, emotional or mental reactions to certain situations or events to which the body reacts. Stress is dealt by everyone at some point of time in their lives; at your job, personal life, illness, financial crisis etc. The body defends itself through fight-or-flight mode, which is known as stress response. This helps us in emergency situation or during dangerous situation and keeps us alert. Stress can be both positive and negative. Positive stress keeps you motivated or alert e.g.; when you get promotion, you tend to do much better

¹Psychologist, Dr. Chandrashakar institute of speech and hearing, Karnataka, India

²Psychologist, Dr. Chandrashakar institute of speech and hearing, Karnataka, India

*Corresponding Author

Received: April 01, 2021; Revision Received: May 03, 2021; Accepted: May 20, 2021

Perceived Stress in College Students & Employees During COVID-19 Pandemic

at work, or stress during child birth; once you see the child you feel the stress taken is worth. Whereas negative stress the person has to face continuous challenges, as a result the person becomes overworked, and affect's his productivity level e.g., illness in a family person. Stress which is prolonged or continuous without relief can lead to distress, which can disturb body's internal balance and leading it to physical and emotional problems such as head ache, dizziness, chest pain, anxiety, depression etc. (Sampson)

Covid 19 stress in Employees

Stress can have negative influence on the employee's performance, productivity, etc. During the time of Covid-19 employees had to work from home, which made their life more difficult and more stressful, wherein they had to work for long hours, with poor network, which made their work performance challenging. Their socialization during Covid -19 was hindered. (Paul J. Rosch)

Studies have also shown that work and family imbalance, high work load with deadlines, would make the employees more stressed out. (Krantz et al., 2005; Dr. Jolly Sahni 2020; KDV Prasad, W. Rajesh 2020)

Salima Hamouche (2020) examines the impact of coronavirus COVID-19 outbreak on employees' mental health, specifically psychological distress and depression. It aims at identifying the main stressors during and post COVID-19, examining the main moderating factors which may mitigate or aggravate the impact of COVID-19 on employees' mental health and finally to suggest recommendations from a human resource management perspective to mitigate COVID-19's impact on employees' mental health. This paper is a literature review. The search for articles was made in Google scholar, Web of Science and Semantic scholar. We used a combination of terms related to corona virus OR COVID-19, workplace and mental health. Due to the paucity of studies on the COVID-19 impact on employees' mental health; we had to draw on studies on recent epidemics. The identified literature reports a negative impact of COVID-19 on individual's mental health. Stressors include perception of safety, threat and risk of contagion, in obesity versus the unknown, quarantine and confinement, stigma and social exclusion as well as financial loss and job insecurity. Furthermore, three dimensions of moderating factors have been identified: organizational, institutional and individual factors. In addition, a list of recommendations has been presented to mitigate the impact of COVID-19 on the employee's mental health, during and after the outbreak, from a human resource management perspective. (Hamouche)

Covid 19 stress in Students

College going students had to suffer a lot and underwent stress during Covid-19 as they had to take online classes without formal class, they couldn't get hands on text books, notes etc, which caused them more stress and were under lot of pressure to perform well academically. Reduced social interactions, lack of social support, was a stress associated with Covi-19. Studies shows that self-isolation, and furlough affect study stress level and functioning in students (Christian Maria Van, D. Varley 2020). Students are more worried about their study and are not satisfied with the online classes which are been conducted during Pandemic. (Ambreen Fatima 2020).

As we on whole realize that lockdown has been reported in the area due to Covid which has hindered understudies in their investigations. Hence, the Education organizations had chosen to take online classes which had influenced the understudy's life and their contemplations towards examines. This investigation is centred on knowing the understudy's state of mind

Perceived Stress in College Students & Employees During COVID-19 Pandemic

and their issues. The understudies as well as their family condition aren't acceptable this may cause pressure in understudies. On the examination of the information, we found that 34.4% of understudies have felt focused on at some point in the week 22.6% of understudies felt focused on Often in the week and 15.1% of understudies are consistently in pressure because of the danger of Covid. Generally speaking, 51.4% of understudies are pushed in this state of threat.69.8% of understudies are worried over their studies.78.5% understudies are not happy with online classes. In this examination, we found that the vast majority of the understudies are intellectually pushed in this state of danger. The greater part of the understudies is stressed over their study and there not happy with the classes which are led on the web. (Utsav Raj)

AlAteeq, D.A. et al. (2020) conducted a study titled "Perceived stress among students in virtual classrooms during the COVID-19 outbreak in KSA." The study concluded that there was a moderate to high level of stress among students in KSA at the beginning of the COVID-19 outbreak. This study found a significant correlation between a high level of stress and female university students.

METHODOLOGY

Research Objectives

- To study the level of stress in Employees during the pandemic COVID 19.
- To study the level of stress in Students during the pandemic COVID 19.
- To compare the findings among Employees and Students.

Research Design

The research paradigm used was **quantitative analysis** and the sampling technique used in this research was **snowball sampling**. (SINGH, Testing, Measurements and research methods in behavioural sciences).

Sampling

The test was administered on 200 sample size which included 100 Employees and 100 students.

Data Analysis

The statistical analysis used by the researcher was independent sample t-test.

RESULTS AND DISCUSSION

Table 1 Descriptive statistics that indicates the mean score of stress among Employees and Students.

COVID-19 PANDEMIC	Employees		Students	
	N	Mean	N	Mean
Stress	100	-0.19	100	-0.19

Table 2 Independent sample T test significance

Variable	Among Employees and Students		
	t	df	Sig.(2Tailed)
Stress	-0.246	Employees: 198 Students: 183.812	0.806

DISCUSSION

The researcher wanted to study the difference level of stress among employees and college students during COVID 19 Pandemic. The research finding showed significance level for stress among employees and students is 0.806 which is more than 0.05. Thus, the finding showed there was no significant difference in stress among employees and students.

SUMMARY AND CONCLUSION

The objective of this study was to find the level of anxiety, stress and loneliness among college going male smokers and non-smokers, and to compare the findings.

The limitations of the study were that probability statistics cannot be used due to the sampling method; the inference was based on the obtained sample and that determining sampling error is impossible.

Quantitative research paradigm was used using snow ball sampling technique. The test was administered on 200 sample size which included 100 employees and 100 students. The finding of descriptive statistics and independent sample t-test indicated that there is a no significant difference in level of stress among employees and students during COVID 19 pandemic.

There are several implications of the findings to theory and practice that include, but are not limited to, interventions that can be planned to reduce or manage the level of stress among employees and students during COVID 19 pandemic. Employees and students had their own difficulty level to perform in their fields of work & studies which has caused adverse stress. Furthermore, the levels of psychological variables on employees and students can be compared among male and female population and qualitative study can be done to find out to what extent individuals experience the level of psychological variables on employees and students.

REFERENCES

- Hamouche, Salima. "COVID-19 and employees' mental health: stressors, moderators and agenda for organizational actions." 20 April 2020: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7342058/>.
- Paul J. Rosch, M.D., F.A.C.P. The American institute of stress. <<https://www.stress.org/about/hans-selye-birth-of-stress>>.
- Sampson, Adam Felman and Stacy. Medical news today . 12 March 2020. 12 March 2020 <<https://www.medicalnewstoday.com/articles/145855>>.
- SINGH, A K. Testing, Measurements and research methods in behavioural sciences. New Delhi: Bharati Bhawan, 1996.
- Utsav Raj, Ambreen Fatima. "Stress in Students after Lockdown Due to COVID-19 Threat and the Effects of Attending Online Classes." Research gate (2020): https://www.researchgate.net/publication/341267580_Stress_in_Students_after_Lockdown_Due_to_COVID-19_Threat_and_the_Effects_of_Attending_Online_Classes.
- World Health Organisation . <https://www.who.int/health-topics/coronavirus#tab=tab_3>.

Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Anjum A & Sushma M R (2021). Perceived Stress in College Students & Employees During Covid-19 Pandemic. *International Journal of Indian Psychology*, 9(2), 776-780. DIP:18.01.082.20210902, DOI:10.25215/0902.082