

Research Paper

The Psychological Wellbeing Among College Students During Covid-19 at Puducherry

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ABSTRACT

Background of the Study: COVID-19 in college students shown 10% increased the total number of reported cases. While all college students are capable of getting the virus that causes covid-19, such stressful situation are generally like to cause psychological problems. It is important to assess the level of psychological wellbeing among college students during COVID-19. **Objectives:** A study to assess the level of psychological wellbeing among college students during COVID-19. **Materials and Methods:** A Quantitative research approach and descriptive design was adopted for this study. The study was conducted among the college students at Villianur, Puducherry. 50 samples were selected by using convenient sampling technique. They were assessed by using demographical variables and standard Warwick Edinburgh Mental Wellbeing Scale (WEMWBS). Data collection was carried out for 3 days. The data were organized and analyzed using descriptive and inferential statistics. Association between psychological wellbeing with demographic variables are analyzed using chi-square test. **Results:** The result shows that frequency and percentage distribution of demographic variables in this study group, 17 (34%) were age as 19 years, 29 (58%) were males. Regarding educational level 17 (34%) were studying I Year and 37 (37%) primary caretaker was mother. Regarding 27 (54%) had only one sibling and 25 (50%) father's occupation were Nongovernment employee, and 33 (66%) mother's occupation was home maker. Regarding economic status 27 (54%) were middle class and 40 (80%) not using mobile phone. Regarding hobbies 21 (42%) playing indoor games. The highest percentage of them had a moderate psychological wellbeing (60%), 10% had a poor psychological wellbeing and 30% had a good psychological wellbeing. So, $P < 0.05$ of all the demographic variables are significantly associated with psychological wellbeing.

Keywords: *Psychological wellbeing, College students and COVID-19*

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The Coronavirus disease 2019 (COVID-19) which as declared a pandemic by the world health organization on 11th March 2020. The disease is mainly transmitted via the respiratory route when people inhale droplets and small air borne particles. India and many countries have been implemented extreme measures, such as quarantines, social distancing, or in some cases, total lockdown to prevent the collapse of the health system due to the rapid spread to the disease. Such social isolation and distancing have a significant impact socially, economically, and psychologically like adults, adolescents and children also have face the drastic changes in lifestyle, including perpetual termination of schooling and college, fear of being infected or spreading the virus to vulnerable family members, frustration, lack of in-person contact with peers and teachers, lack of personal space at home, family isolation if institutionalized, or even an increase in domestic violence and abuse.

COVID-19 in college students shown 10% increased the total number of reported cases. While all college students are capable of getting the virus that causes covid-19, such stressful situation are generally like to cause psychological problems. It is important to assess the level of psychological wellbeing among college students during COVID-19. So, this study was conducted for identification of level of psychological wellbeing among the college students.

Objectives

- To assess the level of psychological wellbeing among college students during COVID-19.
- To find out the association between psychological wellbeing among college students during COVID-19 with the selected demographic variables.

Hypothesis

H1: There is a significant association exist between the level of psychological wellbeing and selected demographic variables.

SUBJECTS AND METHODS

A Quantitative research approach and descriptive design was adopted for this study. The study was conducted among the college students at Villianur, Puducherry. 50 samples were selected by using convenient sampling technique. They were assessed by using demographical variables and standard Warwick Edinburgh Mental Wellbeing Scale (WEMWBS). Data collection was carried out for 3 days. The data were organized and analyzed using descriptive and inferential statistics. Association between psychological wellbeing with demographic variables are analyzed using chi-square test.

RESULTS

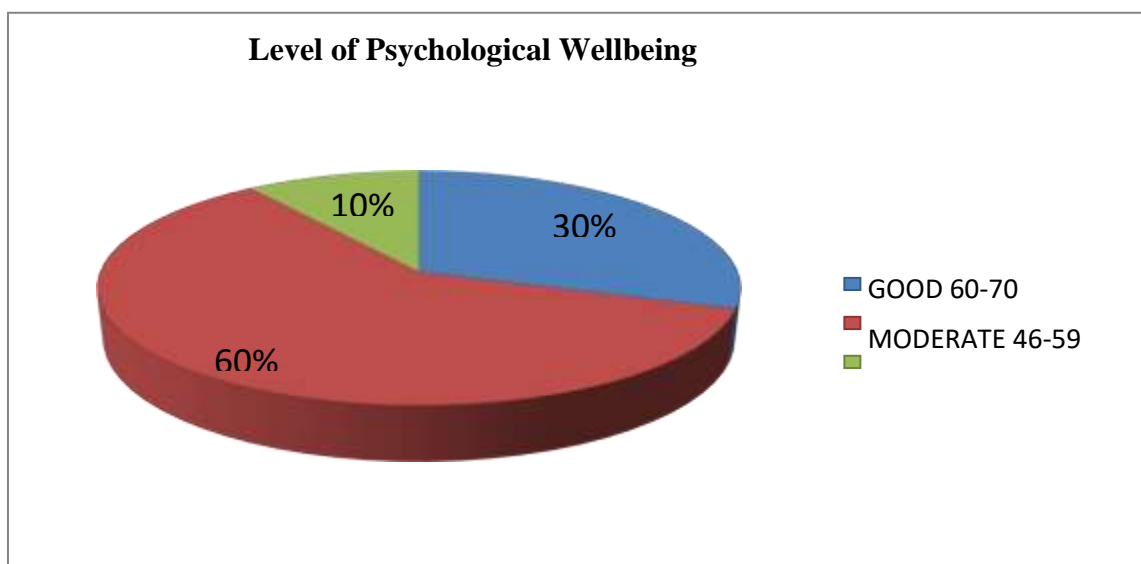
The result shows that frequency and percentage distribution of demographic variables in this study group, 17 (34%) were age as 19 years, 29 (58%) were males. Regarding educational level 17 (34%) were studying I Year and 37 (37%) primary caretaker was mother. Regarding 27 (54%) had only one sibling and 25 (50%) father's occupation were Nongovernment employee, and 33 (66%) mother's occupation was home maker. Regarding economic status 27 (54%) were middle class and 40 (80%) not using mobile phone. Regarding hobbies 21 (42%) playing indoor games. The highest percentage of them had a moderate psychological wellbeing (60%), 10% had a poor psychological wellbeing and 30% had a good psychological wellbeing. So, $P < 0.05$ of all the demographic variables are significantly associated with psychological wellbeing.

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Table 1: depicts the distribution of level of psychological wellbeing in frequency and percentage among college students.

Table 1: Distribution of level of psychological wellbeing in frequency and percentage

SN	Level of Psychological Wellbeing	Frequency (n)	Percentage (%)
1.	Good (60-75)	15	30%
2.	Moderate (46-59)	30	60%
3.	Poor (14-45)	5	10%



Graph: Level of psychological wellbeing among college students

DISCUSSION

Objective 1: To assess the psychological wellbeing among college students during COVID-19.

In this study the results indicate the highest percentage of college students had a moderate psychological wellbeing (60%), 30% college students had a good psychological wellbeing and 10% of college students had a poor psychological wellbeing.

Objective 2: To find out the association between psychological and wellbeing among college students during COVID-19 with the selected demographic variables.

In this study the results indicate that there was a significant association found in all demographic variables.

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Conflict of Interest

The author(s) declared no conflict of interest.

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