

“Educational stress of student during lockdown period that in turn shapes their career”

Abstract

The entire world is going through a crisis on account of the Global Pandemic. After the surge in the cases in the early March 2020, the policy makers, the doctors, and the experts in the field of Virus Epidemiology took a call of nation-wide lock down. Since, there is no immediate cure available, physical distancing is seen as the only solution to curb the spread that could create a panic. The nationwide lockdown has consequences on various spheres of public life, government, and informal sectors and also on the education sector. The lockdown has resulted in schools, college universities being shut for more than a month now. The academic session in the schools was about to end and examinations had started in some schools and some were in the middle of the examination process. Universities work in full swing during this time of the year as it is the time for semester assessments and completion of the syllabus is on wheels. Educational institutes across the length and breadth of the country are temporarily closed to contain the spread of Corona infection. The decision of the Government needs to be appreciated as the schools and other educational institutes cater to the younger, dynamic, and most productive chunk of our population and it is the duty of the Government to protect the youth and hence the closure was inevitable. It is also becoming increasingly clear that the present lockdown is not going to end soon as the infection rate is escalating in almost all states.

Key words : Stress, Shapes

Introduction

Over the past weeks, education officials have been forced to cancel classes and close the doors to campuses across the world in response. Over the past weeks, education officials have been forced to cancel classes and close the doors to campuses across the world in response to the growing corona-virus outbreak

Universities and college campuses are places where students live and study in close proximity to each other. They are also buzzing cultural hubs where students are brought together from nations around the world. Recently, the foundations of this unique ecosystem have been impacted significantly by the rapid spread of the corona-virus (Covid-19) outbreak, creating uncertainty regarding the implications for higher education. Over the past weeks, education officials have been forced to cancel classes and close the doors to campuses across the world in response to the growing corona virus outbreak.

Objectives

1. To study the socio-economic and education level of students.
2. To assess the educational stress of students during lockdown that in turn shapes their career.

Methodology

The study was conducted in Kanpur district. Three Government Universities were selected for this study. Total 300 students were selected for the study. 100 (50 boys and 50 girls) students were selected from each university for the study purpose. Dependent and independent variables such as age, caste, education, spent time, career, academic stress were used in the study. The statistical tools such as χ^2 , Cr etc. were used.

Results and Discussion

Table 1. Categories of university's student according to gender

Name of the University	Boys	Girls	Total
C.S. Azad University of Agriculture & Technology, Kanpur	50	50	100
Harcourt Butler Technical University, Kanpur	50	50	100
Chhatrapati Shahu Ji Maharaj University, Kanpur	50	50	100
Total	150	150	300

Total of three universities of Kanpur were selected in this study. First is agricultural University Chandra Shekhar Azad University of agriculture and technology which offers undergraduate and postgraduate and Ph.D courses in Agriculture, Dairy Science, Home Science, Agribusiness Management, B. Tech. courses in Agricultural Engineering, Computer Science, Electronics and Communication Engineering, Mechanical Engineering etc. The second university is Harcourt Butler Engineering University, which offers B. Tech., M. Tech. and M.B.A. courses. The third university is Chhatrapati Shahu Ji Maharaj University is a general university, which offers graduation, post graduation, Ph.D courses in Arts, Science, Commerce, Engineering, Medical and Diploma Certificate courses. These universities of Kanpur are the famous universities of the country. These are very old universities and were constituted long back, so students prefer to take admission in these universities because of fame.

Table 2. Distribution of students according the educational standard

S.No.	Education	Boys		Girls		Total	
		Number	Per cent	Number	Per cent	Number	Per cent
1.	BA/BCA./B.Sc. (Ag.)/B.Tech./ B.Com.	120	80.0	130	86.7	250	83.3
2.	MA/M.Sc./ M.Sc.(Ag.)/ M.Tech./M.Com	30	20.0	20	13.3	50	16.7
	Total	150	100.0	150	100.0	300	100.0
	χ^2	2.400		P < 0.05			

The need for higher education leaders, stakeholders, and community partners to prepare for crisis is evident today more than ever. The response to Covid-19 has required often rapid and significant shifts in the way education is delivered—having an impact on students and educators. When students are enrolled in traditional learning environments and then abruptly thrust into online and/or remote learning environments mid-semester, they may experience a range of emotions and personal challenges in response to this disruption. As we prepare for an unknown future, it is imperative that we learn from the past and from our experts on classroom experiences our students.

Table 3. Distribution of students according the symptoms of academic stress during lockdown time

Sl. No.	Symptoms	Boys		Girls		Total		χ^2
		Yes	No	Yes	No	Yes	No	
1.	Fear	30.0	70.0	50.0	50.0	40.0	60.0	12.500**
2.	Sadness	5.0	95.0	2.0	98.0	3.5	96.5	1.999
3.	Numbness	0.0	100.0	0.0	100.0	0.0	100.0	-
4.	Insomnia	2.0	98.0	15.0	85.0	8.5	91.5	16.297**
5.	Confusion	0.0	100.0	15.0	85.0	7.5	92.5	24.324**
6.	Anger	5.0	95.0	2.0	98.0	3.5	96.5	1.999
7.	Post Traumatic stress	2.0	98.0	3.0	97.0	2.5	97.5	0.308
8.	Depressive symptoms	0.0	100.0	2.0	98.0	1.0	99.0	3.030
9.	Low mood	10.0	90.0	25.0	75.0	17.5	82.5	11.688**

10.	Emotional disturbance	0.0	100.0	10.0	90.0	5.0	95.0	15.789**
11.	Irritability	15.0	85.0	5.0	95.0	10.0	90.0	8.333**
12.	Emotional exhaustion	5.0	95.0	20.0	80.0	12.5	87.5	15.429**

Academic stress is a disease that negatively affects the entire personality.

Academic stress ruins academic career not only in student life but also in future.

Table 4. Distribution of students according the academic stress during lockdown period

Sl. No.	Academic stress	Boys		Girls		Total		χ^2
		Yes	No	Yes	No	Yes	No	
1.	Need for laptop or mobile	40.0	60.0	55.0	45.0	47.5	52.5	6.767**
2.	Social economic geographic barrier	30.0	70.0	60.0	40.0	45.0	55.0	27.273**
3.	Stress learning	20.0	50.0	40.0	60.0	30.0	70.0	14.286**
4.	Negative climate	10.0	90.0	5.0	95.0	7.5	92.5	2.703
5.	Public speaking	2.0	98.0	5.0	95.0	3.5	96.5	1.999
6.	Heavy workload	40.0	60.0	70.0	30.0	55.0	45.0	27.273**
7.	Boredom study	20.0	80.0	10.0	90.0	15.0	85.0	5.882*
8.	Method difficulty	30.0	70.0	50.0	50.0	40.0	60.0	12.500**
9.	Separation from University	80.0	20.0	90.0	10.0	85.0	15.0	5.882*
10.	Fear of contagion	15.0	85.0	25.0	75.0	20.0	80.0	4.688*
11.	Difficulty in completing lesson	50.0	50.0	80.0	20.0	65.0	35.0	29.670**
12.	Feel under pressure for study	25.0	75.0	40.0	60.0	32.5	67.5	7.692**
13.	Feel under pressure for online exam	30.0	70.0	80.0	20.0	55.0	45.0	75.758**
14.	Failure in the examination	10.0	90.0	5.0	95.0	7.5	92.5	2.703
15.	Difficulty in solving problem related the course	20.0	80.0	35.0	65.0	27.5	72.5	8.464**
16.	Course timely completed	35.0	65.0	70.0	30.0	52.5	47.5	36.842**
17.	Financial stress	25.0	75.0	40.0	60.0	32.5	67.5	7.692
18.	Stress of getting job	75.0	25.0	25.0	75.0	50.0	50.0	75.000**

Students are stressed about education during the Covid-19 pandemic crises that one of the causes of student stress is overall workload. During the Covid-19

times education is shifted online because offline learning activities are not allowed in most universities. The Covid-19 pandemic initiated the digital transformation of higher education. In normal circumstances, novelties in higher education would typically take many years. However, due to the pandemic online learning, the tendency of understanding the feedbacks may be an issue, because of the lack of human touch dimension between the learner and educator, and thus could be a challenge, and students' household work also distracted their educational life, they are confused with the uncertainty of pandemic.

Table 5. Distribution of students according to develop the good shape career during lockdown period

Sl. No.	Shape up career	Boys		Girls		Total		χ^2
		Yes	No	Yes	No	Yes	No	
1.	Recruitment Agency	60.0	40.0	40.0	60.0	50.0	50.0	12.000**
2.	Craft the perfect C.V.	40.0	60.0	12.0	88.0	26.0	74.0	30.531
3.	LinkedIn profile	3.0	97.0	4.0	96.0	3.5	96.5	0.222
4.	Speculative application	6.0	94.0	6.0	94.0	6.0	94.0	0.000
5.	Learn to face online interview	70.0	30.0	60.0	40.0	65.0	35.0	3.297
6.	Take on online short course	25.0	75.0	40.0	60.0	32.5	67.5	7.692**
7.	Improve your online presence	40.0	60.0	70.0	30.0	55.0	45.0	27.273**
8.	Sign-up as volunteer	5.0	95.0	10.0	90.0	7.5	92.5	2.703
9.	Learn a language	5.0	95.0	0.0	100.0	2.5	97.5	7.692**
10.	Online tuition	25.0	75.0	10.0	90.0	17.5	82.5	11.688**
11.	Video editing	4.0	96.0	0.0	100.0	2.0	98.0	6.122**

During the Corona epidemic, when the whole world was facing this crisis, the youth of the whole world was most afraid of what would happen to their future, in this situation many youths suffered from depression and 20% of the youth faced this crisis firmly. There are so many opportunities available and more innovative concepts are always on the horizon. The result is a career path that will support

them for the foreseeable future. With all these career opportunities, the career of the students becomes very good and they do not have to struggle about their career.

Conclusion

Slowly taking online class after some time in the lockdown period onwards. Initially Online classes feel better. Where there was a complete change in the situation of the class's atmosphere. After a month came to know that there are lots of disadvantages and advantages to this type of education. Finally came to know that this virus is not a blessing to students but a foreshadow of the student's further life to adjust the Online mode of education. The shift in education is totally different from my entire education career. This type of online course seen in Software Engineers attending from home. Taking time to adjust in college courses.

Recommendations

1. **Social contact is important.** If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
2. Students should be trained to do some basic hygienic practices from the starting. They should be made compulsory for them.
3. Healthy foods can also help reduce stress in students. Actually, a healthy diet helps in keeping the body and mind energetic. It can also reduce the problem of stress

References

Bagual, D.; Vikram, R. and Sagar, R. (2020). Role to look at problems in education system during lockdown issue in Maharashtra. [http:// researchgat.in.co](http://researchgat.in.co).

Dickson adom. jashuachukwueremavisosei (2019). Academic Stress among Faculty and Students in Higher Institutions. *Pertanika J. Soc. Sci. & Hum.* 28 (2): 1055 – 1064 (2019).

Hussain, A.; Kumar, A. and Hussain, A. (2018). Academic Stress and Adjustment Among High School Students, *Journal of the Indian Academy of Applied Psychology*, April 2018, Vol. 34, Special Issue, 70-73

—

UNDER PEER REVIEW