

## Study Protocol

### **ASSESS THE LEVEL OF STRESS DURING COVID-19 PANDEMIC AMONG 10<sup>TH</sup> AND 12<sup>TH</sup> STANDARD STUDENTS.**

#### **Abstract:**

**Background** - Stress is characterized as a negative emotional, cognitive, behavioral, and physiological reaction that occurs when a person attempts to cope with or adapt to stressors. Stressors are described as events that interrupt or threaten to disrupt an individual's daily functioning and force them to make changes

#### **Objective –**

1. To assess the level of stress during COVID-19 pandemic among the students of 10th and 12th standard.
2. To associate the level of stress during COVID-19 pandemic among the students of 10th and 12th standard with demographic variables.

**Methodology** – An descriptive study was undertaken to assess the level of stress during COVID-19 pandemic among the 10th and 12th standard students at rashtrasant tukdoji maharaj vidyalaya, Wardha Maharashtra and saraswati vidya mandir college of Wardha, Maharashtra. A purposive sampling strategy was used to pick the sample. A total of 100 students who met the inclusion criteria were chosen for this study. A questionnaire was created to assess the stress.

**Expected Results:** This study is mainly planned to assess the level of stress in students of 10<sup>th</sup> and 12<sup>th</sup> standard with the help of Perceived Stress Scale and demographic variables.

Ethics approval was obtained from (DMIMS(DU)/IEC/DEC-2019/8641). The conclusion will be drawn from the results.

**Conclusion:** Conclusion will be drawn from the statistical analysis.

**Keywords** – COVID- 19, Stress, Knowledge

#### **Introduction**

Coronavirus Disease 2019 (COVID19) is an infectious disease caused by Coronavirus 2 (SARSCoV2) that causes Extreme Acute Respiratory Syndrome (ChinaWHO Joint Mission, 2020). In just a few months, COVID 19 broke out in China and became a global challenge. In addition to endangering people's health, COVID19 caused a lot of stress and affected people's mental health. Fever, dry cough, and shortness of breath are typical symptoms of COVID19, but muscle pain, sputum, diarrhea, and sore throat are less common (Center for Disease Control and Prevention).

Frequent hand washing, social distancing (keeping physical distance from others), and keeping hands away from the face are all recommended methods of preventing infection.

Suspects and their carers should wear disinfected masks, but the general public should not do so, while those wishing to wear them can wear simple cloth masks.

COVID19 does not have a vaccine or specific antiviral therapy. Treating symptoms, compassionate care, loneliness, and experimental interventions will also help cure them. 1

Stress is characterized as the negative emotional, cognitive, behavioral and physiological response that occurs when a person tries to cope with or adapt to stressors. Stressors are described as events that disrupt or threaten to disrupt a person's daily functioning and force them to change. According to the researchers, stress are uncomfortable states of emotional and physiological arousal that people experience when faced with circumstances that they perceive as damaging or threatening to their well-being.

Stress, on the other hand, is perceived differently by different people and can have different meanings to different people. It is characterized by being events or situations that make people feel tense, pressured or experience negative emotions such as fear or anger. Others characterized stress as a physiological, emotional, and behavioral response to a situation that involves physiological changes (increased heart rate and muscle tension), as well as emotional and behavioral changes. Stress is often considered a psychological process that involves a person's personal perception and response to a potentially dangerous situation.

It is important to remember that stress has both positive and negative effects on people. It means that stress could be a positive, adaptive response to risk. Its aim is to warn people and prepare them to defend them. Take, for example, how fear of things that have real risks motivates people to deal with or stop them. The researchers found that most psychologists believe that moderate stress motivates people to be successful and drives innovation, although stress can make it difficult for people to perform difficult tasks well.

Stress can cause serious problems if not treated effectively, according to researchers. Also, a person exposed to chronic stress is more likely to develop physical and mental illnesses (including heart disease) (for example, anxiety disorders). Health psychology deals with how stress affects body function and how people can use stress management tools to prevent or mitigate illness.

Unusual physical conditions such as extreme heat or cold, illness, lack of oxygen, or bright light can cause stress for a person. Long attention spans, mountaineering, or constant immersion in water place great demands on individual adaptability.2

## **OBJECTIVE**

The study's objectives are as follows:

1. To assess the level of stress during COVID-19 pandemic among the students of 10th and 12th standard.
2. To associate the level of stress during COVID-19 pandemic among the students of 10th and 12th standard with demographic variables

## **METHODOLOGY**

It is an academic school and college based study. It will be conducted in Wardha schools respectively.

**Inclusion criteria**

Those school students studying in Rashtrasant Tukdoji Maharaj Vidyalaya, Wardha, Maharashtra.

Those college students studying in Saraswati Vidya Mandir College, Wardha, Maharashtra.

Those students who are willing to participate in the study.

Those students who can understand English.

**Exclusion criteria**

Those students who are suffering from psychiatric disorder.

**SAMPLE SIZE**

100 samples, 50 samples from each respected school/ college.

**POPULATION**

The study population consisted of students of Rashtrasant Tukdoji Maharaj Vidyalaya and college students of Saraswati Vidya Mandir, Wardha.

100 samples, 50 samples from each respected school/ college

**VARIABLES UNDER STUDY**

**Independent variables**– Stress factors

**Extraneous variables**- Age and sex

**SAMPLE AND SAMPLING TECHNIQUE**

Sample of the study consisted of total 100 students, 50 students from Rashtrasant Tukdoji Maharaj Vidyalaya, Wardha, Maharashtra and 50 students Saraswati Vidya Mandir School / college of Wardha,

Maharashtra. In this study simple random sampling used. The students fulfilling the sampling criteria were selected as the subjects for the study.

**OUTCOME MEASURE**

**Primary outcome:** It includes the assessment of the stress level during Covid19 in 10th and 12th standard students.

**Secondary outcome:** It consists of level of stress during covid 19 among 10<sup>th</sup> and 12<sup>th</sup> standard students.

## **DATA MANAGEMENT AND MONITORING**

Data collection will be conducted for 4-5 days span. This research will be carried out after receiving authorization from the authorities concerned.

## **TOOLS FOR DATA COLLECTION**

### Section A – Demographic Variable

A demographic information which gives baseline information obtained from students such as gender, age, residence, father's occupation, quarantine, and history of mental illness, monthly family income, standard of learning and family conflict respectively.

### Section B – Stress level assessment scale

## **STATASTICAL ANALYSIS**

**Descriptive method:** For analysis of demographic data will be going used frequency and mean, mean percentage and standard deviation will be used for assessing the level of stress during covid 19 among 10<sup>th</sup> and 12<sup>th</sup> standard students.

**Inferential statistics:** For association between stress factor which contributing will be use to assess level of stress during covid 19 among 10<sup>th</sup> and 12<sup>th</sup> standard students.

## **ETHICS AND DISSEMINATION**

This study is being conducted by the DMIMS Institutional Ethics Committee (DMIMS). All participants will asked to read and sign the informed consent. Proper explanation about purpose of study and nature of adjustment scale involved in the study will be given to the samples. Information about the samples will handle properly so that confidentiality and anonymity will maintain. Information will not use or release outside the terms of the agreement

## **EXPECTED OUTCOME AND RESULT**

In this present study, output includes level of stress during covid 19 among 10<sup>th</sup> and 12<sup>th</sup> standard students.

Low, medium and high stress Stress in 10th and 12th standard students.

## **DISCUSSION:**

The findings of this study were compared to the references and objectives specified as well as the findings of the previous investigations in this part. The purpose of this study is to determine the level of stress experienced by students in the 10th and 12th grades during the COVID 19 pandemic.

A study will be conducted to assess the level of stress during covid 19 pandemic among 10<sup>th</sup> and 12<sup>th</sup> standard students. A descriptive non experimental descriptive research design will be selected for this study. There will be total 100 students selected for study. 50 students from Rashtrasant Tukdoji Maharaj Vidyalaya, wardha and 50 students from Saraswati Vidya Mandir School / college of Wardha,

The Sample will be randomly selected with stress level assessment scale will be used to assess the level of stress from subject. The collected data was analysed using descriptive and inferential statistics, and the results were interpreted in terms of the study's goal. There are some evidences to suggest that level of stress has occurred in undergoing various variables.

According to this study stress among junior college students in Maharashtra's Sangli district was done. According to the survey, 118 (30.2 percent) of the 396 pupils tested positive for stress. There was a statistically significant link between gender and stress in 69 female students and 49 male students.

The purpose of a descriptive study on stress in high school students was to determine the general level of stress among the students, identify the students' primary causes of stress, identify the students' main responses to stress, and determine if the students had stress defences or risk factors. The majority of students had normal (54%) or lower (39%) stress levels, according to the survey, although women had much higher stress levels than men ( $p < 0.05$ ). Exams, deciding on a career path, and family issues were the most stressful factors. The students' major stress relievers were listening to music, talking with someone about the problem, and exercising. 4

A study was conducted on the prevalence and associated determinants of depressed symptoms among Chinese college students during the COVID-19 epidemic. Sixty-six percent of college students had depressive symptoms, according to the study. Sleep issues, family members going out, reported increased stress from online education, dread of COVID-19, social interaction impact, and a higher grade were all found as risk factors for depressive symptoms. Perceived social support, hope, being female, and having a higher monthly discretionary income were found to protect depressive symptoms. They came to the conclusion that there was a high prevalence of depressive symptoms among Chinese college students during the COVID-19 outbreak. It's vital to devise techniques to alleviate college students' anxiety and worry, provide them with additional social support, and help them adjust to changes in learning styles and lives. 5

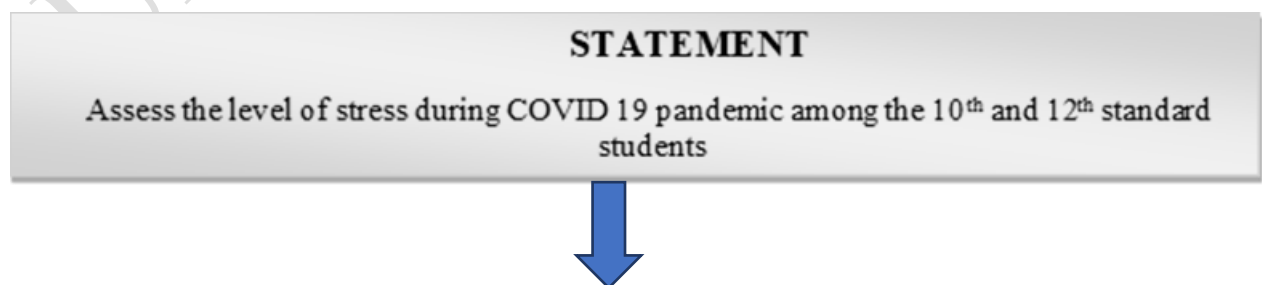
## **CONCLUSION**

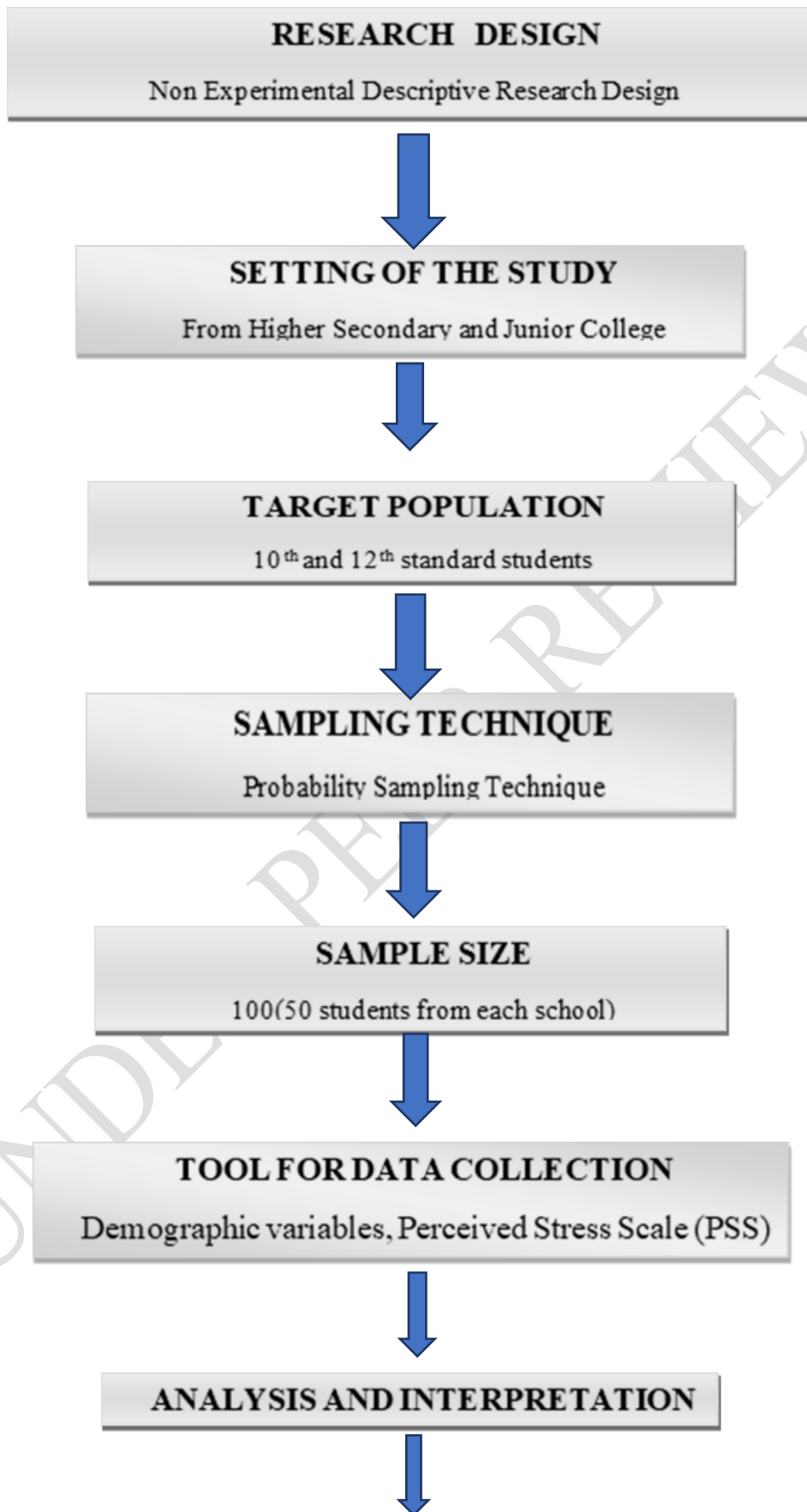
Conclusion will be drawn from the statistical analysis

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Fig.1: Schematic diagram of Study Methodology







**Fig.1: Schematic diagram of Study Methodology**

UNDER PEER REVIEW