

Study Protocol

**ASSESS THE LEVEL OF STRESS DURING COVID-19 PANDEMIC AMONG 10TH
AND 12TH STANDARD STUDENTS.**

Abstract:

The COVID-19 pandemic has had a major impact on school children especially in their academic performance which may affect their mental health. The College students bear more pressure and have more serious physical and mental health problems. Due to the recent social changes in the education domain (e.g., the sharing of educational resources and advances in communication technology), the use of distance education is more and more, which changes the communication patterns between teachers and students, increases the isolation and independence of students, and thus becomes an important source of pressure for students

(1)**Aim of the Study** 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 will be use to assess the level of stress during COVID-19 pandemic among the 10th and 12th standard students in Wardha, Maharashtra. A

purposive sampling technique will be use to pick the sample. A total 100 students who met the inclusion criteria will be select for this study. A Perceived Stress Scale was created to assess the stress. **Expected Results:** This study is mainly planned to assess the level of stress in students of 10th and 12th standard with the help of Perceived Stress Scale and demographic variables. **Conclusion:** Final conclusion will be drawn from final result of the statistical review.

Keywords –Stress, COVID- 19 pandemic, 10th and 12th std. students

Introduction

Coronavirus Disease 2019 (COVID19) is an infectious disease caused by Coronavirus 2 (SARSCoV2) that causes extreme Acute Respiratory Syndrome (China WHO 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, diarrhoea, and sore throat were less common. Frequent hand washing, social distancing (keeping physical distance from others), and keeping hands away from the face are all recommended methods of preventing infection.(2)

Stress is characterized as the negative emotional, cognitive, behavioural 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.(3)

Stress 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 behavioural response to a situation that involves physiological changes (increased heart rate and muscle tension), as well as emotional and behavioural changes. Stress is often considered a psychological process that involves a person's personal perception and response to a potentially dangerous situation. (4)

Academic stressors refer to any academic demands (e.g., environmental, social, or internal demands) that cause a student to adjust his or her behaviour. Learning and examination, performance competition, especially mastering much knowledge in a short time, would lead to different degrees of academic pressure [7]. Although all planned courses have been affected by the COVID-19 epidemic, online learning still leaves college students with the same academic burden as usual. In addition, previous evidence shows that separation anxiety disorder of adults is similar to that of children and adolescents in phenomenology. College students who are attached to their classmates may experience separation anxiety after leaving school. Emerging problems during the COVID-19 outbreak, such as conflicting family schedules, changes in eating and sleeping habits, separation from classmates, and loneliness, may have adverse effects on college students (1)

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 students studying in 10th and 12th std. in Wardha, Maharashtra.
- Those 10th and 12th std students who are willing to participate in the study.

Exclusion criteria

Those students who are suffering from psychiatric disorder.

SAMPLE SIZE

100 samples

POPULATION

100 samples from 10th and 12th std .

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 and purposive sampling technique will be use.

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 10th and 12th standard students.

DATA MANAGEMENT AND MONITORING

Data collection will be conducted for 6-7 days span. This research will be carried out after receiving authorization from the authorities concerned.

Tool for Data Collection

Tool consists of two parts.

Part I: Information regarding socio-demographic variables. (Gender, Age, residence, father's occupation, quarantine and history of mental illness, monthly family income, standard of learning and family conflict .

Part II: Perceived stress scale

Validity

In order to obtain content; the tool will be given to experts. After receiving opinions of the experts, certain modification will be done as per their suggestion, same were incorporated into the tool and thus the validity of the tool will be confirmed.

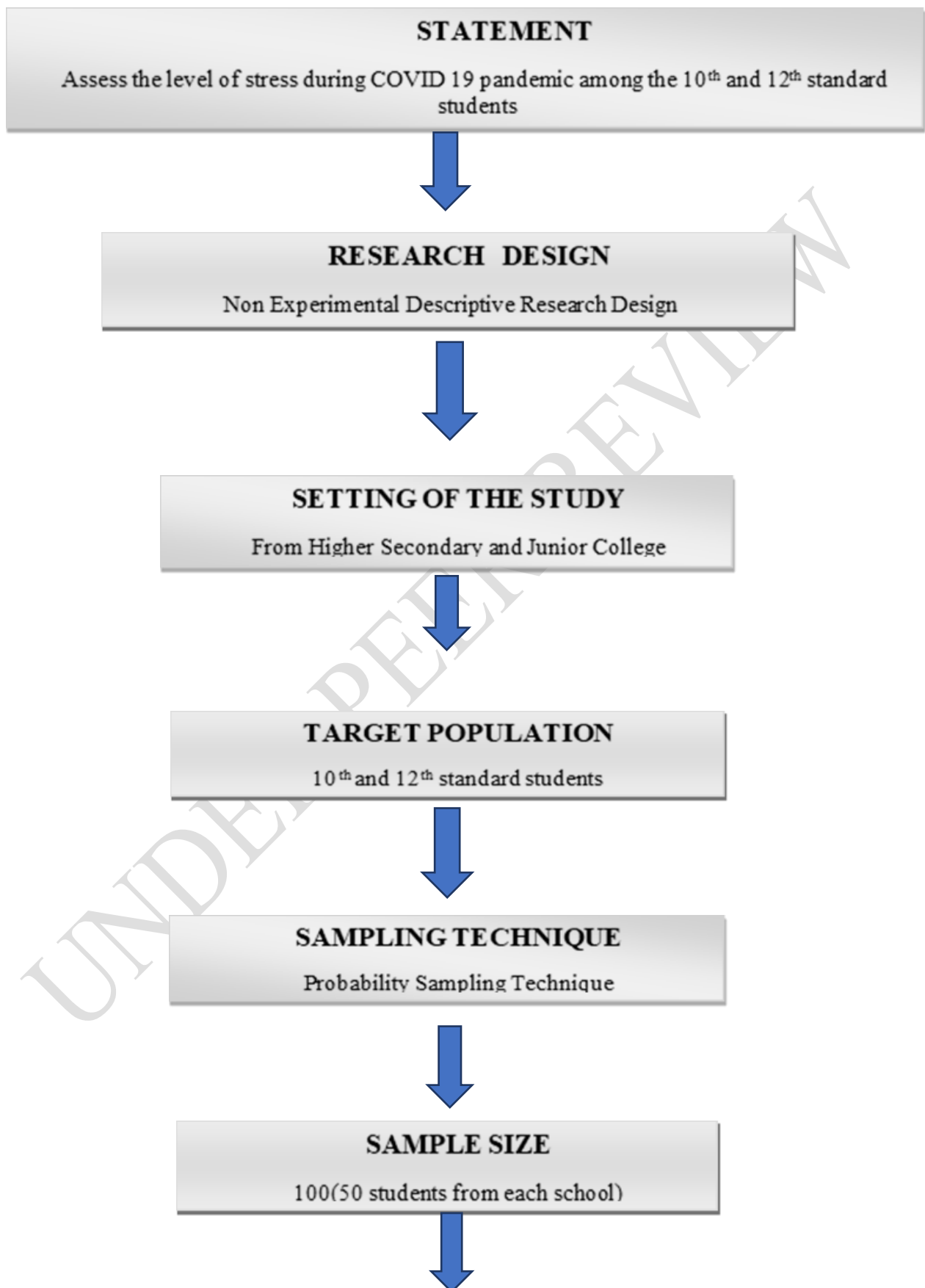
Method of Data Collection

1. The research will be carried out among 10 th and 12 th std students after obtaining their consent, stress level will be assess by perceived stress scale.

Statistical Analysis

Statistical analysis done by descriptive and inferential statistics with the help of excel 2019 and SPSS 25 software.

Fig.1: Schematic diagram of Study Methodology



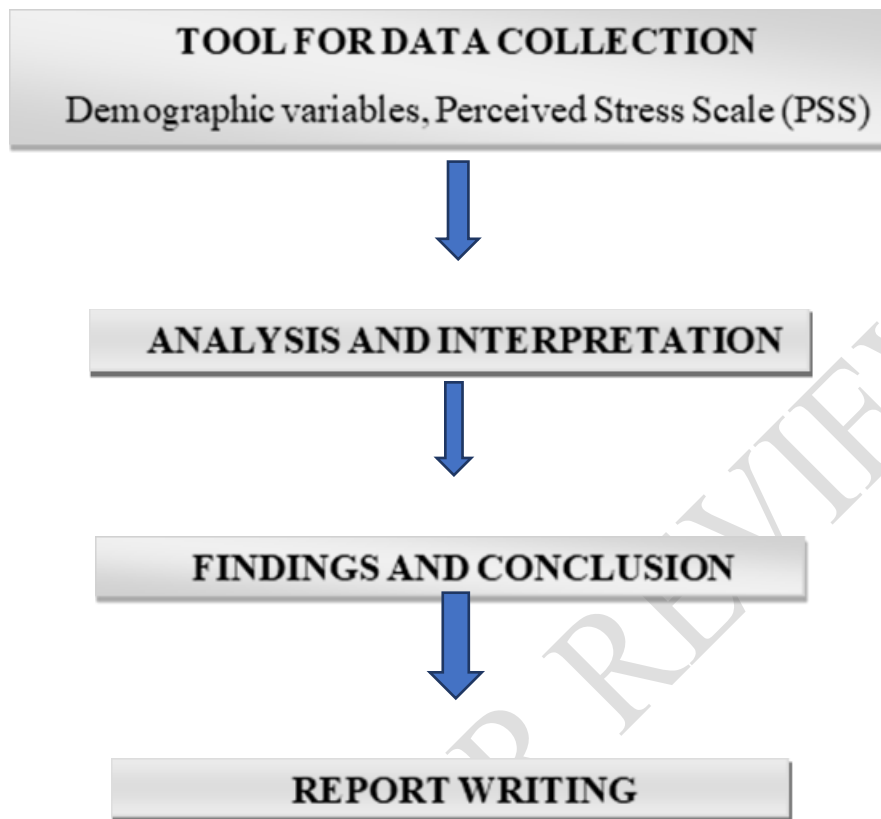


Fig.1: Schematic diagram of Study Methodology

EXPECTED OUTCOME/ RESULTS

The purpose of this study is to assess the level of stress during COVID-19 pandemic among the students of 10th and 12th standard. Perceived stress scale will be useful to assess the respondents' stress.

DISCUSSION:

Researcher said that feelings of fear and apprehension about having or contracting COVID-19 may be a significant stressor for college students. Schools throughout the country have been closed and the students are facing unprecedented change and they stressed about their examination, results and the promotions. Majority private Schools in the state started to have virtual and online classes to refresh the knowledge of students. The sudden

shift of class room education to virtual mode comes with several challenges. This may also affect the psychological state of school children. In addition to that if any of the family members is home-quarantined for suspected corona virus infection and it may affect the entire family members including children.(5)

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. (6)

CONCLUSION

Final conclusion will be drawn from final result of the statistical review.

CONSENT

As per international standard or university standard, patient's written consent has been collected and preserved by the author(s).

ETHICAL APPROVAL

Study was approved by the Institutional Ethics Committee (DMIMS(DU)/IEC/DEC-2019/8641). and the study will be conducted in accordance with the ethical guidelines prescribed by institutional Ethics Committee on Human Research.

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UNDER PEER REVIEW