

Mental Health Status of Students and Covid-19 Pandemic

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The objective of this study was to find out difference in mental well-being status between under-graduate students of Professor Guru Sevak College of Physical Education, post-graduate students and research scholars of Punjabi University Patiala Punjab, India. To achieve the purpose of the study a total number of 213 students participated in this study which were divided into three groups: under-graduate and post-graduate and research scholars. A survey type study was designed by the investigator to compare the status of mental well-being in Under-graduate students, Post-graduate students and Research scholars during covid-19 pandemic. In present study Warwick-Edinburgh Mental Well-being Scale (WEMWBS 2008) was used for data collection. The survey method through the technique of questionnaire was adopted to collect the relevant data for this study. A google form was created by the researcher and sent to the subjects through electronic mail and other social media applications. Subjects filled google form and their responses were taken. The data was carefully recorded and after that descriptive and inferential statistical techniques were employed to achieve the purpose of the study. The findings showed that there was significant difference in wellbeing status of Under-graduate, Post-graduate and Research scholars.

Keywords: Covid-19, Students, Mental Health, Research Scholars

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Introduction

The process of enabling people to have more control over and improve their health, according to the WHO, is called health promotion (World Health Organization, 1986). The improvement of a person, family, group, or community's ability to strengthen or support positive emotional, cognitive, and associated experiences is often referred to as "good mental health promotion" (Hodgson., 1996). Instead of focusing only on treating symptoms and impairments, it is crucial to raise awareness of the importance of mental health and enhance people's coping mechanisms (World Health Organization, 2002). Mental health is a condition of mental wellness that enables people to manage life's stressors, develop their potential, study and work effectively, and give back to their communities. It is a crucial element of health and well-being that supports both our individual and group capacity to decide, form connections, and influence the world we live in. A core human right is access to mental health. Additionally, it is essential for socioeconomic, communal, and personal development.

The current COVID-19 situation is putting stress on the individuals and families who may be directly affected by the infection or harmed by implication due to fear of illness, social exclusion, and financial hardship. There are a number of defensive mechanisms that could assist families and networks maintain excellent psychological health by overcoming these stressors (Haleem & Javaid, 2020).

The novel coronavirus outbreak started in Wuhan, China, in late December 2019 (Zhu, N., Zhang, D., Wang, W., Li, X., Yang, B., Song, J., & Tan, W. (2020) and spread rapidly in our time of growing urbanisation and frequent international travel (Alirol, E., Getaz, L., Stoll, B., Chappuis, F., & Loutan, L. (2011). The sickness brought on by this severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was given the designation Covid-19 by the World Health Organization on February 11 (WHO, 2020a), and on March 11 it was declared a pandemic (WHO, 2020b). On April 2, 1 million cases were reported worldwide, affecting 205 nations and territories (Worldometer, 2020).

Political and academic authorities have been compelled by the COVID-19

Pandemic to make severe decisions that have an impact on how people connect and socialise. Individuals were expected to limit their physical contact with anyone outside of their immediate family in many different places around the world (social distancing) (Anderson, R. M., Heesterbeek, H., Klinkenberg, D., & Hollingsworth, T. D. (2020). Curfews, quarantines, and the closure of non-essential businesses, institutions of higher learning, and stores, are further measures. Students' lives have radically changed as a result of the suspension of classroom instruction at numerous colleges and the transition to online instruction. While social distance measures may effectively stop the spread of the illness and relieve the public health systems (Glass, R. J., Glass, L. M., Beyeler, W. E., & Min, H. J. (2006), they may eventually worsen students' social isolation and have an adverse effect on their psychological and mental well-being (Bavel, J. J. V., Baicker, K., Boggio, P. S., Capraro, V., Cichocka, A., Cikara, M., & Willer, R. (2020). Due to the intense pressure they experience to excel academically, students are more likely to experience mental health issues (Mikolajczyk, R. T., Maxwell, A. E., El Ansari, W., Naydenova, V., Stock, C., Ilieva, S., & Nagyova, I. (2008). Students' social networks have been cited as a key component in reducing stress and enhancing (Stadtfeld, C., Vörös, A., Elmer, T., Boda, Z., & Raabe, I. J. (2019). There are several mental states connected to considerable distress, functional disability, or a risk of self-harm, including mental disorders and psychosocial disabilities. Although this is not always or necessarily the case, people with mental health disorders are more likely to have lower levels of mental well-being. Students' mental health may be significantly impacted by decreased social interactions, a lack of social support, and newly emerging pressures related to the COVID-19 situation.

Methodology and Procedure

SELECTION OF SUBJECTS

Total two hundred thirteen (N=213) students with (male N=138) and (female N=75) were selected as subjects for the study. The students were further categorized into three groups: under-graduate, post-graduate and research scholars.

SELECTION OF VARIABLES

For the present study following variable was selected:

Mental Well-being

DESIGN OF STUDY

The investigator created a survey-type study to examine the mental well-being status of Undergraduate, Post graduate and Research Scholars during the COVID-19 epidemic.

SELECTION OF TOOLS

In present study Warwick-Edinburgh Mental Well-being Scale (WEMWBS) (2008) was used for data collection.

COLLECTION OF DATA

The survey approach, which uses a questionnaire technique has been used to gather the necessary data for this investigation. The researcher made a google form and sent it to the participants via email and other online communication tools. Google forms were filled out by subjects, and responses were recorded.

ADMINISTRATION OF TEST

Warwick-Edinburgh Mental Well-being Scale (WEMWBS) 2008 was used for data collection in present study. The survey method through the technique of questionnaire has been adopted to collect the relevant data for this study. A google form was created by the researcher and sent to the subjects through electronic mail and other social media applications. Subjects filled google form and their responses were taken. The data was carefully recorded and after that descriptive and inferential statistical techniques were employed to achieve the purpose of the study.

Each of the 14 item responses in WEMWBS are scored from 1 (none of the time) to 5 (all of the time) and a total scale score is calculated by summing the 14 individual item scores. The minimum score is 14 and the maximum is 70.

There were 14 questions in Warwick-Edinburgh Mental Well-being Scale (2008). All questions had same scoring pattern which is given in Annexure 01.

Statistical Analysis

As per the purpose of the study, descriptive statistics i.e., mean, standard deviation were calculated. To find out the difference between groups, one-way analysis of variance (ANOVA) was employed. For further analysis Post-hoc Test

(Scheffe Test) was applied because groups were having unequal size. All tests were employed by "Statistical Package for Social Sciences Software Version-23". The level of significance was set at 0.05.

Result

Table no. 1

DESCRIPTIVE STATISTICS OF STUDENTS GROUPS

Table no. 1 shows the mean and standard deviation value of mental wellbeing variable in undergraduate students, post-graduate students and research scholar groups that is 51.75 ± 8.67 , 47.69 ± 9.70 , and 53.57 ± 10.88 respectively. The table shows that the mean value of Research Scholars is much higher as compared to undergraduate students and post graduate students for their mental well-being status.

Enclosed in Annexure 02

Figure SHOWING THE MEAN OF MENTAL WELL-BEING FOR STUDENTS GROUP

Enclosed in Annexure 03

Table no. 2

ANOVA TABLE FOR COMPARISON OF COURSE WISE STUDENT GROUPS

Table no. 2 shows that p-value is less than 0.05 which means that there is significant difference in mental well-being variable between undergraduate students, post-graduate students and research scholars groups for their mental well-being status.

Enclosed in Annexure 04

Table no. 3

PAIRWISE COMPARISON OF COURSE WISE STUDENT GROUPS

Table no. 3 shows that there is significant difference between undergraduate students and post-graduate students in case of mental wellbeing variable. But There exists insignificant

Difference between under-graduate students and research scholars in case of mental wellbeing variable. Moreover, there is significant difference between post-graduate students and research scholars in case of mental wellbeing variable.

Enclosed in Annexure 05

Discussion

The findings showed that there was significant difference in mental wellbeing status between under-graduate and post graduate students. The findings also showed that there is insignificant difference between undergraduate students and research scholars for their mental well-being status but, the results also showed that there is significant difference between post graduate students and research scholars for their mental well-being status. The findings of the study are supported by the study conducted by Wilson, O. W., Holland, K. E., Elliott, L. D., Duffey, M., & Bopp, M. (2021)who found that a significant decline occurred in mental health of students during covid-19 pandemic. The study is also supported by the study conducted by Wang, X., Hegde, S., Son, C., Keller, B., Smith, A., & Sasangohar, F. (2020)which concluded that the decline in mental health level among students is alarming and needs to be addressed. A similar study was conducted by Chang, J., Yuan, Y., & Wang, D. (2020)which concluded that the colleges and related departments are urged to offer specific mental health education for college students as they experience varying degrees of anxiety and despair during the pandemic.

Conclusion

The study concludes that mental well-being status of Higher education, Under-graduate and research scholars varies significantly. As a result of the covid 19 lock down, this study concluded that the pandemic had a substantial impact

On student’s mental health, the educational institutions and related departments are advised to provide precise mental health education for students.

Annexure

Annexure 01

Option	Score
None of the time	1
Rarely	2
Some of the time	3
Often	4
All of the time	5

Annexure 02

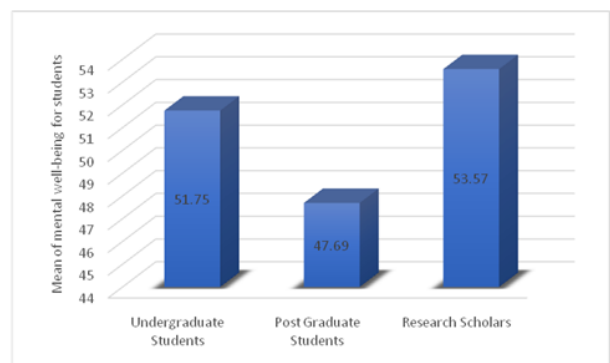
Table no. 1

DESCRIPTIVE STATISTICS OF STUDENTS GROUPS

S.N.	Group	Mean	SD
1.	Undergraduate Students	51.75	8.67
2.	Post Graduate Students	47.69	9.70
3.	Research Scholars	53.57	10.88

Annexure 03

Figure SHOWING THE MEAN OF MENTAL WELL-BEING FOR STUDENTS GROUP



Annexure 04

Table no. 2

ANOVA TABLE FOR COMPARISON OF COURSE WISE STUDENT GROUPS

S.N.	Group	Sum of Squares	df	Mean Square	F	Sig.
1.	Between Groups	1066.74	2	533.37	5.97	.003
2.	Within Groups	18743.88	210	89.25		
3.	Total	19810.62	212			

Annexure 05

Table no. 3

PAIRWISE COMPARISON OF COURSE WISE STUDENT GROUPS

S.N.	(I) B Group Name	(J) B Group Name	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
1.	UG	PG	4.05	1.46	.023	.43	7.67
		RS	-1.82	1.75	.584	-6.15	2.50
2.	PG	RS	-5.87	1.87	.008	-10.50	-1.25

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