



A STUDY OF ANXIETY AMONG SECONDARY STUDENTS IN THE WAKE OF COVID-19 PANDEMIC

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ABSTRACT

In today's society it is very likely that majority of people will experience symptoms associated with anxiety at some point. The pace of modern life and the rapid technological changes cause us constantly to feel unable to cope with the demands that are put upon us. Students who are undergoing adulthood when encountered with a torturous or stressful situation such as highly demanding schedules or writing an exam can lead to sense of worry, even fear. This is further augmented by the outbreak of Covid-19 wherein schools are closed and students are mandated to stay at home which causes tension due to consideration of their future career. The findings of the research conducted among Secondary School Students in Aizawl City, shows that male students have relatively lower level of anxiety as compared to their female counterpart. It was also observed that there is no considerable difference in the level of anxiety among students of Secondary Schools based on the occupation of their parents.

KEYWORDS: *Anxiety, Secondary Students, Male, Female*

INTRODUCTION

The word anxiety is derived from the Latin "anxietas" (to choke, throttle, trouble, and upset) and encompasses behavioral, affective and cognitive responses to the perception of danger and is a normal human emotion. In moderation, anxiety stimulates an anticipatory and adaptive response to challenging or stressful events.

In excess, anxiety destabilizes the individual and dysfunctional state results. It is considered as excessive or pathological when it arises in the absence of challenge or stress, when it is out of proportion to the challenge or stress in duration or severity and when it results in significant distress, psychological, social, occupational, biological, and other impairment.

Students are prone to develop anxiety due to tension arising from peers and hefty demands in terms of educational expectations. Researchers found that students' faces many obstacles such as exam anxiety, mathematic anxiety, language anxiety, social anxiety, family anxiety and library anxiety. In a study of the correlation of anxiety sources and the effect of students' academic performance, it was found that high level of anxiety achieved low academic performance. At the global level, anxiety is viewed as a permanent trait, as some people are predisposed to be anxious. The prevalence of study anxiety has been acknowledged by students and educators. With the new normal brought upon by the world wide Covid – 19 pandemic, the uncertainty with regard to their future could have a huge impact on the students which may trigger developments of anxiety that will no doubt affect many aspect of their lives, their academic performance and even their physical wellbeing.



NEED AND IMPORTANCE OF THE STUDY

The impact of Covid – 19 and the resultant lockdown imposed by the Government has had a profound effect on the society, especially due to close down of shops, educational institutes and even religious gathering, which affects the mental wellbeing of not only the parents but also the students as well. With the new normal brought upon by the world wide pandemic, the uncertainty with regard to their future could have a huge impact on the students which may trigger development of anxiety that will no doubt affect many aspects of their lives, their academic performance and even their physical wellbeing. In order to ensure that the students are getting the care they need, not only the teachers but also the whole community has to be mobilized to fend off the negative impact it will have on the students.

OBJECTIVES OF THE STUDY

1. To find out the anxiety level of Secondary School Students in Aizawl City.
2. To compare the level of anxiety between male and female of Secondary School Students in Aizawl City.
3. To find out and compare the level of anxiety among Secondary School Students in relation to whether their parents are Govt. Servant or otherwise.

HYPOTHESIS OF THE STUDY

1. There is no significant difference in the anxiety level between male and female students of Secondary Schools in Aizawl City.
2. There is no significant difference in the anxiety level of Secondary School Students in relation to whether their parents are Govt. Servant or otherwise.

METHODOLOGY AND PROCEDURE

Method of the study

Descriptive Survey Method was adopted for the study.

Population and Sample

The population in the present study consists of Secondary School Students in Aizawl city.

Sample

The investigator selected 50 students from a random sample among of Secondary School Students in Aizawl city.

Tools Used

In the present study the investigator used the “Anxiety, Depression and Stress Scale” (ADSS-BSPSA) by Pallavi Bhatnagar, Megha Singh, Manoj Pandey, Sandhya and Amitabh. It consisted 48 items which were again distributed into three areas.

Procedure of Data Analysis

The distributed questionnaires were collected by the investigator by means of the internet and then tabulated, analyzed and interpreted carefully. For analyzing data, statistical technique i.e. Mean, Standard Deviation, percentage is employed to find accurate results. General-‘t’ test was applied for comparison and then descriptive interpretations were made to draw the conclusion.

ANALYSIS AND INTERPRETATION OF THE STUDY

Table 1: Analysis of the anxiety level of Secondary School Students

ANXIETY	NO. OF STUDENTS	PERCENTAGE	Mean Score
Normal	13	26%	6.77
Mild	9	18%	
Moderate	15	30%	
Severe	13	26%	



Analysis of data, vide Table1 revealed the precise anxiety level of secondary school students in Aizawl City. It shows that out of 50 respondents, student showing moderate level of anxiety consists of the largest part. Since the mean score of the sample is 6.77, it can be construed that secondary school students have moderate level of anxiety.

Table2: Comparison of anxiety level of male and female secondary school students in Aizawl City

Sl.No	Gender	No. of students	Mean score	Standard deviation	Standard error of difference	t-value	Level of significance
1	Male	25	5.62	3.80	0.58	3.96	Significant
2	Female	25	7.92	4.34			

A comparative study of the mean score of male and female respondents revealed that male students have normal anxiety level while female students fall under severe level of anxiety. The critical 't'-value for the comparison of male and female in relation to anxiety, is found to be 3.96 which is significant at 0.01 level. The findings implied that there is no difference in the level of anxiety between male and female.

Hence, the hypothesis that there is no significant difference in the anxiety level between male and female students of Secondary Schools in Aizawl City is rejected.

Table 3: Comparison of anxiety level of secondary school students based on whether their parents are Government Servant or otherwise.

Father's occupation	No. of students	mean	Standard deviation	Standard error of difference	t-value	Level of significance
Government servant	19	6.26	4.18	0.62	1.34	Not-significant
Others	31	7.09	4.26			

Comparison of the analysis shows that the mean score of students having Government service father is slightly lower than the mean score of students having non-government servant father. The calculated t-value 1.34 was smaller than the critical t-value at 0.05 levels.

Hence, the hypothesis that there is no significant difference in the anxiety level among Secondary Students of Deficit Mission Schools in Aizawl City in relation to their father's occupation is accepted.

MAJOR FINDINGS

1. From the above analysis, it was evident that ,secondary school students in Aizawl City, shows moderate level of anxiety.
2. Based on the research conducted among Secondary School Students in Aizawl City, it was found that male students have relatively lower level of anxiety as compared to their female counterpart.
3. It was observed that there is no considerable difference in the level of anxiety among students of Secondary Schools based on the occupation of their parents.

DISCUSSIONS

It is important to study psychological problems like anxiety as it is increasing at a great pace among adolescents. This study further illustrates the depth of prevalence of anxiety among secondary school students in Aizawl city. The overall study shows that out of all the respondents *26% shows no sign of anxiety, 18% shows mild anxiety, 30% shows moderately anxiety* while *26% were found to have severe level of anxiety*. From the comparative table it can be seen that

male students showed normal level of anxiety while female students showed severe level of anxiety. As such, this finding concluded that female students have more anxiety as compared to their male counterpart. This was also in line with the findings of Mahnaz F. Khesht-Masjedi, et al., (2019) and Preeti Sharma, Mustafa Nadeem Kirmani (2015).

There exists no significant difference in the level of anxiety among secondary students in relation to their parents occupation since the calculated t-value 1.34 was smaller than the critical table value at 0.05 level. This indicated that the economic impact of the global pandemic has no profound effect on the anxiety level of students. This is well expected since students are more or less dependent on their parents for financial support.



Since, their daily needs are provided by their parents, they have not felt the hardship caused by Covid -19 and its resultant lockdown.

Both the results established corroborate with the outcome of our research with minor variation in the level of severity. It is believed that the prevalence of anxiety is slightly modest than their results as the anxiety in our study accounts almost two-third of the total number of students even though it varies from mild to severe anxiety.

CONCLUSION

Secondary stage is a stressful period of adolescence due to physical, psychological, sexual changes and the presence of psychiatric disorders. According to the study, the overall prevalence of anxiety among secondary school going adolescents in Aizawl was moderate. It was evident that gender plays an important part in the anxiety level of students in which, female students was found to have more anxiety as compared to their male counterpart. This indicated that, it is very important to be more aware of the mental status of adolescence. The increasing academic work load and other intrinsic and extrinsic factors increase the risk of students being exposure to these mental disorders overtime. Hence, the solution lies in being able to identify this disorder. Early, intervention and providing support with adequate and appropriate services is recommended.

REFERENCE

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