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Assess the level of stress regarding online classes during COVID-19 pandemic among late adolescents

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Abstract

The present aim was to assess the existing level of stress regarding online classes during covid-19 pandemic among late adolescents. A quantitative approach with descriptive research design was adopted for the present study. 50 late adolescents who are attending online classes were selected by using non probability purposive sampling technique. A self-structured questionnaire method was used to collect the demographic data and the existing level of stress was assessed using stress questionnaire (International Stress Management Association UK). Among 50 study participants, the mean score on existing level of stress on attending online classes among late adolescents are found to be 64.0 with standard deviation 6.57. Hence the findings of present study concluded that, late adolescents had a moderate level of stress of attending online classes during COVID-19 pandemic.

Keywords: Assess, COVID-19, late adolescents, stress

Introductions

COVID-19 is a disease caused by a corona virus. 'CO' defines corona, 'VI' defines virus, and 'D' defines disease. Although development of the grey matter begin in utero there has been much interest in its trajectory during the school age and late adolescent period [1]. Corona viruses are a large family of viruses that causes severe illness ranging from the common cold to more severe diseases like Middle East respiratory syndrome (MERS) COVID-19 and severe acute respiratory syndrome (SARS)-COVID during that period, the causal agent was not identified [2]. The related common clinical features of the early clinical cases from were area fever (98.6%), fatigue (69.6%) and dry cough (59.4%) [3]. An outbreak of COVID-19 has affected more than 120 crores of students and youths all over the world. In India, quite 32 crores of scholars are suffering from the varied restrictions also as different problems and therefore the nationwide lockdown for COVID-19. As per UNESCO report, two mostly affected levels in India are about 14 crores of primary and 13 crores of secondary students [4]. So, every country started the action of lockdown to separate the isolation of people. The education sectors including schools, colleges and universities all the educational based system became closed. Classes suspended and all examinations of schools, colleges and universities [5]. Thus, the lockdown destroyed the schedules of every student and also syllabus were stopped. The students to come out of the online classroom teaching model to a new era of digital methods [6]. But latter on realized that the lockdown has taught us so many lessons to manage with the emergence of such pandemic [7]. So the education system nowadays online education is worldwide [8]. Much of current literature on psychological impacts of COVID-19 has emerged from earliest hot spots. Although several studies have assessed mental health issues during epidemics most have focused on health workers, patient, children, and general population [9, 10]. The main motive and aim of the present study was to assess the existing level of stress regarding online classes during covid-19 pandemic among late adolescents and to find out the level of stress regarding online classes during COVID -19 pandemic among late adolescents with their selected demographic variables.

Materials and methods

The quantitative approach with non-experimental descriptive research design was adopted for the present study. After obtaining a ethical clearance from the Institutional Ethical Clearance (IEC) of Saveetha Institute Of Medical And Technical Sciences and a formal permission from the Government higher secondary school at Arumbakkam, Chennai, the main study was conducted.

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A total of 50 late adolescents who attended online classes during COVID-19 pandemic who met the inclusion criteria were recruited as study participants by using non probability purposive sampling technique. The inclusion criteria for the study participants were late adolescents between the age group of 16 to 18 years and who are available during the study period, who are willing to participate and are able to read, write and understand tamil and English. The exclusion criteria for the study participants were the late adolescents who are not willing to participate in this study. The investigator explained the study purpose to each study participant and obtained a written informed consent from them. The demographic data was collected using self-structured questionnaire and the existing level of stress was assessed using stress questionnaire (International Stress Management Association UK) and the collected data were tabulated and analysed by using descriptive and inferential statistics.

Results and discussion

Section A: Demographic Characteristics

Among 50 study participants, with regards to age 30 (60%) were in 17 years with regards to gender 24 (54%) were female with regards to educational status 50 (100%) were presently studying 12 standard.

Section-B: Existing level of stress regarding online classes during COVID-19 pandemic among late adolescents.

Table 1: Frequency and percentage distribution on existing level of stress regarding online classes during Covid-19 pandemic among late adolescents. N = 50

Existing Level of Stress	Frequency (NOs)	Percentage (%)
Mild ($\leq 50\%$)	2	4.0
Moderate (51 – 75%)	41	82.0
Severe (>75)	7	14.0

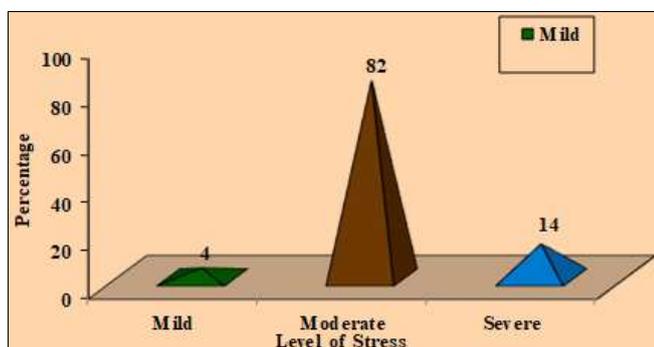


Fig 1: Percentage distribution on existing level of stress regarding online classes during COVID-19 pandemic among late adolescents

The present study findings is supported by a study conducted by Zamira Hyseni and Linda Hoxha (2020) [11]. Aiming in assessing the mental health, attitudes and level of stress among student’s at Hasan Prishtina University towards online learning. End results of the study concluded that, out of 78 study participants (65.4%) reported moderate level of stress.

This finding was supported by a study conducted by Deepti Dwivedi and Nimar Preet Kaur (2020) [12] aiming in assessing the stress perception among 924 medical

undergraduate students during COVID-19 towards online learning and the outcome of the study results revealed that (44.37) % reported moderate stress level.

Hence, it was concluded from the above study results, the students experience moderate stress towards online learning.

Section-C: Existing Level of Stress Score Regarding Online Classes during Covid-19 Pandemic among Late Adolescents.

Table 3: Assessment of stress regarding online classes during Covid-19 pandemic among late adolescents. N = 50

Existing level of stress	Score
Minimum Score	30.0
Maximum Score	64.0
Mean	53.58
Standard Deviation	6.57

For the present study, the mean score on existing level of stress regarding online classes during Covid-19 pandemic among late adolescents was 53.58 with standard deviation of 6.57. The minimum score was 30.0 and the maximum score was 64.0.

Section-D: Association between the existing level of stress regarding online classes during covid-19 pandemic among late adolescents with their selected demographic variables.

None of the demographic variables had shown statistically significant association with level of stress regarding online classes during Covid-19 pandemic among late adolescents.

Conclusion

Thus, the findings of present study revealed that, the existing level of stress among late adolescents towards online learning during this Covid -19 pandemic was moderate. Hence, there is a need to adopt various innovative teaching methods while initiating online classes to arouse interest, to minimize stress and to promote excellence in their academics among students.

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Conflict of interest

The authors declare no conflict of interest.

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