



The Impact of COVID-19 Lockdown Period on Students of SRTMU Campus Nanded

Dr. Ranjeet Vijaysingh Tehra

Assistant Professor, School of Commerce & Management Sciences, SRTMU, Vishnupuri, Nanded - 431606 Maharashtra, India

ABSTRACT

In the middle of the month November in the year 2019, world came to know about the novel CORONA Virus. WHO in March 11, 2020 declared the disease coming out of corona virus i.e. COVID-19 as a global pandemic. What started in the Wuhan City of China in mid-November 2019 has now spread around the world. It is very difficult to know the exact statistics about those infected by the Corona virus because of the lack of testing in many countries, but what we can say is that the numbers are increasing very rapidly. Fears seem to come in bundles. A fear about catching the corona virus may be accompanied by other fears — of death, losing a loved one, isolation, financial problems, and more. But meanwhile, the lockdown was announced by the prime minister of India which has forced the schools, colleges and universities to shut off the classes. This situation has created a panic among the students in India. This research paper focuses on the aspects of Stress Management & Study Management during COVID-19 Lockdown Period by the SRTM University campus students. There are around 1000 students in the SRTMU Campus in Nanded Out of these students, the survey was carried out through google form questionnaire and 212 responses were recorded, analysed and presented to know the Stress Management & Study Management among these students.

Keywords: Spirituality, Yoga, Coronavirus, Covid, Fear etc

1. Introduction

In the middle of the month November in the year 2019, world came to know about the novel CORONA Virus. WHO in March 11, 2020 declared the disease coming out of coronavirus i.e. COVID-19 as a global pandemic. What started in the Wuhan City of China in mid-November 2019 has now spread around the world. It is very difficult to know the exact statistics about those infected by the Coronavirus because of the lack of testing in many countries, but what we can say is that the numbers are increasing very rapidly. If we see the analysis of the figures worldwide, we can say that those most likely to die from this disease are older people and those with underlying health conditions and weak immune systems. COVID-19 is a "novel" or new virus, and scientists, health worker and our governments don't know much about its present and what to about what to expect from it in the near future. Everyone of us know that it spreads quickly and that it will be difficult to get everybody who might be infected tested and also the fact is that a vaccine is 12 to 18 months away. No drugs are currently available to slow down the virus. We will come to know more about the unknown qualities of this virus and pandemic only after days and months go on.

Fears seem to come in bundles. A fear about catching the coronavirus may be accompanied by other fears — of death, losing a loved one, isolation, financial problems, and more. Buddhist teacher Lama Surya Das encourages you to address all your fears and work to transform them. "What is it that you are afraid of? . . . Start out with only one fear. You can't cut through all of them at once, so don't try. Where you find your greatest fears, you'll find buried treasure deep below within your psyche."

** Corresponding author.*

E-mail address: ranjeet.tehra@gmail.com

On 22 March 2020, Prime Minister Mr. Narendra Modi announced a one day Janta Curfew. From then, the lockdown continued till the day. This was a major step which has helped India in fighting this pandemic. However, as the Schools, Colleges and Universities were closed, this created a chaos among the students.

This situation has created a panic among the students in India. This research paper focuses on the aspects of Stress Management & Study Management during COVID-19 Lockdown Period by the SRTM University campus students. There are around 1000 students in the SRTMU Campus in Nanded. Out of these students, the survey was carried out through google form questionnaire and 212 responses were recorded, analysed and presented to know the Stress Management & Study Management among these students.

2. Review of Literature

There have been many studies (Schafer, 1996; Fisher, 1994; Altmaier, 1983; Greenberg & Valletutti, 1980), which have reported strong relationship between stress and college students. Many undergraduate students undergo considerable stress due to the demands associated with change: leaving home, becoming independent decision makers, and competing against new standards (Altmaier, 1983). Some graduate and undergraduate students can see these transitions as a positive experience that can be exciting, but some students seem to be threatened by this change.

Graduate school is where many graduate students experience a time of increased demands, expectations, and stress (Nelson, Dell'Oliver, Koch, & Buckler, 2001). Stress can affect a student's grades, health, and personal adjustment. How students perceive the immediate environment, their personal lives, and tasks confronting them serves to define, in a unique manner, people and events as potentially dangerous or relatively innocuous (Roberts & White, 1989).

One of the main causes to academic stress is test anxiety. Most graduate and undergraduate students seem to be more emotionally vulnerable due to examinations. Increased anxiety from tests has a debilitating effect on their performance. When information generated by worrying about the test reduces the capacity available for performing the task, the result is that performance breaks down and the result becomes self-confirming (Fisher, 1994). After completing an examination, there is a period of depression when students reflect on their performance and compare it to how their colleagues did. Poor confidence and a perception of poor performance can be an important reason for depression that occurs after examination and no further changes are possible. More emphasis is needed on understanding the impact of examinations on students, on identifying vulnerable individuals, and on the appropriateness of the current examination process (Fisher, 1994).

Reddy et al. (2018) in their study concludes that stream wise difference in stress does exist in students. It is important to deal with stress at personal, social and institutional level. Remedies such as feedback, yoga, life skills training, mindfulness, meditation and psychotherapy have been found useful to deal with stress. To identify the main reason of stress is the key to deal with it. Professionals can develop tailor made strategies to deal with stress. The integrated well being of the students is important not only for the individual but for the institute as well.

3. Objectives of the Study

Following are the objectives of the study

1. To find out the level of Stress among the students of SRTMU Campus due to lockdown
2. To know the impact of watching News on Corona virus among students
3. To know how the students are managing their studies during the lockdown period
4. To know the views of students regarding the mode of conduct of their final exams

4. Research Methodology

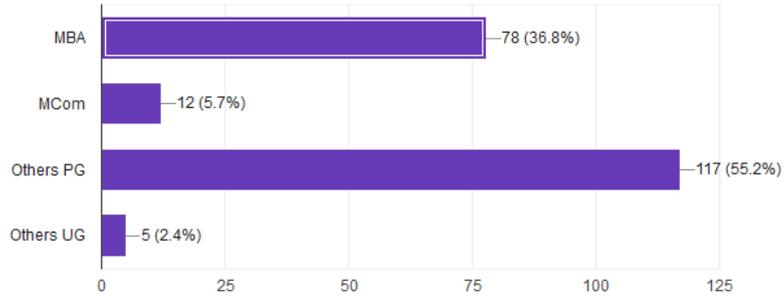
The following methodology has been used for this study:

1. Structured Questionnaire method was used for primary data collection. All the respondents were given structured questionnaire which included both close as well as open ended questions.
2. Sample size: 212 students were given the Structured Questionnaire through the google forms and the responses were recorded.
3. The Sampling method adopted for this research was purposive sampling method.
4. Research type is Post facto Descriptive Research

5. The approved questionnaire was executed & responses were taken. Any difficulties felt in understanding of the question were cleared.
6. The findings were classified, tabulated and analyzed.

5. Analysis and Interpretation

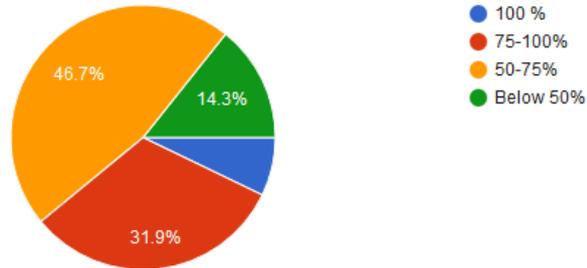
Your Class
212 responses



As, we can see from the above chart, maximum students who responded were from PG other than MBA & Mcom i.e. MA and Msc students

How much was the Syllabus Completed before the Lockdown Period Started????

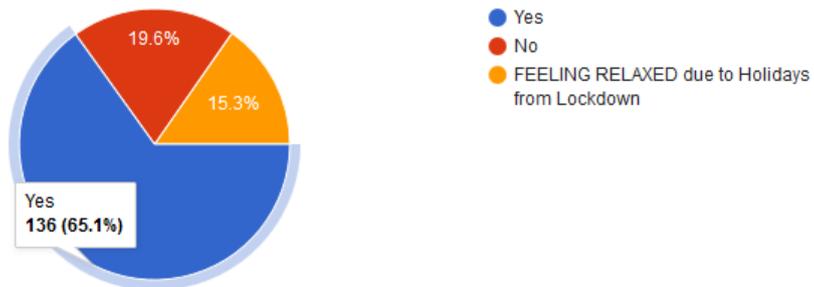
210 responses



When the question was asked about the syllabus completion, 47% responded said that syllabus was completed in the range of 50-75% only

Are you feeling stressed due to LOCKDOWN period due to the delay in EXAMS????

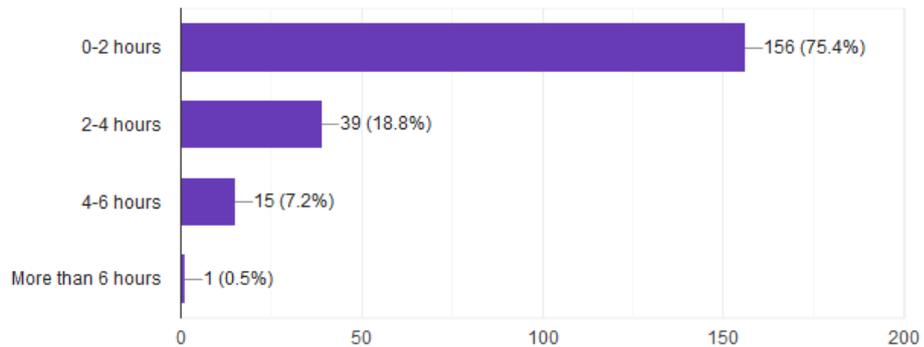
209 responses



Maximum responded said that they were feeling stressed due to the delay in Exams which was caused by this pandemic. However, 15% respondents were feeling relaxed due to the postponement of the exams.

How many Hours are you studying during the LOCKDOWN period?

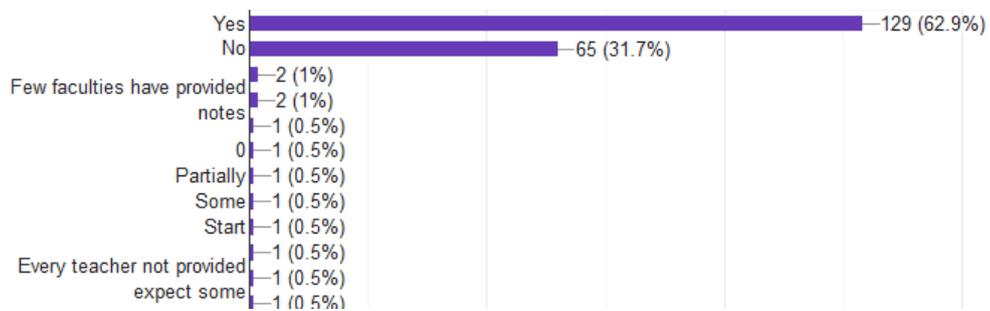
207 responses



75% of the respondents are studying for only two hours during this lockdown period. This shows that there is no proper utilization of time by the students.

Your Faculty Provided you with the notes during Lockdown period?????

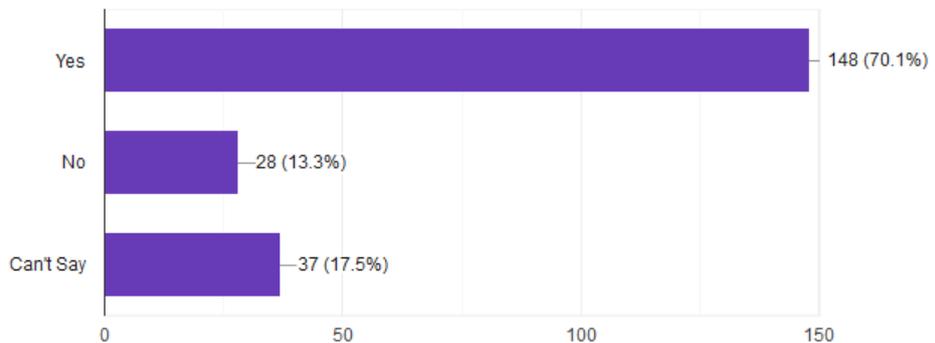
205 responses



On the part of Study Management, it was observed that, maximum students said that they were being provided with the notes from the faculty. In an another question they replied that Faculty were using online tools such as Edmodo, Google Classroom, Whatsapp, Youtube video and emails. Also, lectures were taken by some faculty on Zoom App.

Watching CORONA news increases your Stress???

211 responses



70 percent of the students said that watching the News related to Corona Virus was the major cause for there stress.

How do you cope up/ divert your mind from the Stress related to CORONA DISEASE???

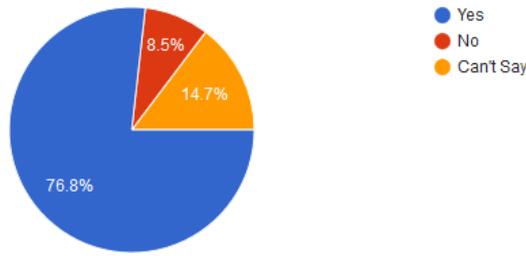
201 responses



More and more students are going towards the Mobile usage to divert their mind from this stress. Students are playing online games and watching online movies on the mobile to cope up with this stress.

Are you worried about your Exams/Future/Academic Year in future due to the effect of CORONA Disease?????

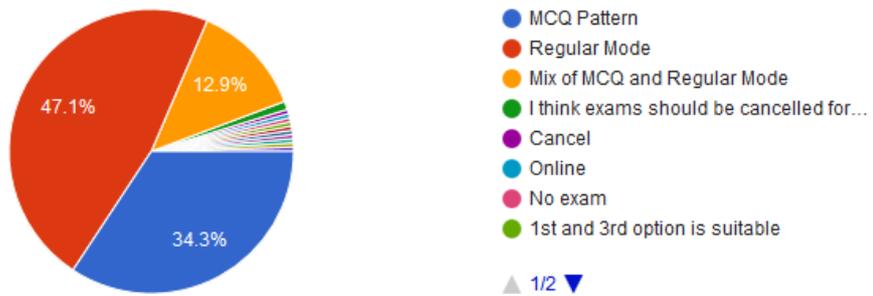
211 responses



Around 77% of the respondent students are worried regarding their future due to the Corona Virus effect.

How do you want your exams to be conducted???

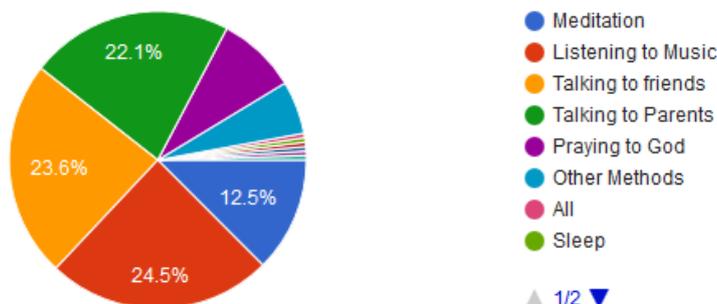
210 responses



Maximum students want their exam to be conducted in Regular Mode. However, 34% students opined that they would prefer MCQ pattern of exam.

Whenever Negative Thoughts come to your mind, how do you cope up with these?

208 responses



A question was asked on, how do the students cope up with the negative thoughts due to COVID-19 pandemic, the preferred way is to listen music, taking to friends and talking to parents. Only 12 percent students are practicing the meditation as a stress reliever.

6. Conclusions & Suggestions:

From the above questions and the responses given by the student respondents, we can conclude that this is really a very hard and tough time for our student's fraternity. As, the lockdown was announced in the middle of the semester, the syllabus was not totally completed. However, the faculties of SRTMU Campus tried their best by providing students the notes through different platforms. Also, some faculties have also conducted lectures using Zoom app. However, the students were not satisfied to the mark about syllabus completion. Also, the students are fully stressed due to the delay in exams & they are very much worried about their future post lockdown period. Students are not able to manage their studies and stress related to this situation.

Hence, I would like to suggest students to move towards spirituality, do some meditation, yoga and pranayam. Also, the students, are advised to increase their study time and talk to their parents and faculties in case of any difficulties.

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