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COVID-19 ANXIETY AND AWARENESS AMONG DIFFERENT AGE GROUPS: A COMPARATIVE STUDY AMONG TEACHERS AND COLLEGE STUDENTS IN THE RAIGAD DISTRICT

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ABSTRACT:

The COVID-19 pandemic has not only posed significant threats to physical health but has also led to widespread psychological distress, including anxiety. This review article A Study of College Students' and Teachers' Awareness and Anxiety about COVID-19 in the Raigad District. Present study did not found significant difference in COVID-19 anxiety and awareness among college teachers and college students. By synthesizing existing research findings, this article seeks to inform future directions for addressing anxiety in the context of COVID-19 and beyond.



KEYWORDS: COVID-19 pandemic , physical health , psychological distress .

INTRODUCTION:

According to Colman (1976)"The seventeenth century has been called the Age of Enlighthment, the eighteenth, the Age of Reason, the nineteenth, the Age of progress, and the twentieth, the Age of anxiety, stress, worries, doubts, strain and conflicts"(p.3). According to a scientific brief released today by the World Health Organisation (WHO), the global prevalence of anxiety and depression increased by a staggering 25% in the first year of the COVID-19 pandemic.

The study by Mohan (2022) highlights how common COVID-19-related psychosocial problems are among young individuals. This highlights the importance of action plans developed by medical professionals, especially nurses, to help young adults effectively manage these challenges.

Monteiro's Studies in Slovenia (2021) found that mental health issues rose during the pandemic, but not necessarily in parallel with the level of mental wellbeing experienced by adults, which was also shown in the Slovenian sample. In terms of age, those between 65-74 and 18-29 faced the most symptoms of depression during COVID-19.

In March 2020, the INTERACT survey polled college students from Cyprus's primary universities to assess their knowledge of COVID-19. Among the 3641 participants, predominantly female undergraduates in health and life sciences, a significant portion displayed good knowledge. However, prevalent misconceptions and negative attitudes highlighted the need for enhanced communication efforts. The findings underscored the necessity for consistent, empathetic communication to bridge knowledge gaps, dispel myths, and cultivate positive attitudes among students.

This study investigates the impact of medical education on anxiety linked to COVID-19 among 500 medical students enrolled in South Kerala. Researchers identified a median Generalised Anxiety

Disorder-7 (GAD-7) score of three, with 9.8% reporting values above 10. There was a substantial correlation found between anxiety levels and stigma, COVID-19 positive, and the year of admission. Anxiety levels were higher in preclinical students and those who were stigmatised due to COVID-19. Increased awareness about COVID-19 can help reduce anxiety brought on by the epidemic, but government-led programmes are required to address stigmatising beliefs related to the virus (2022).

Devi in 2022 According to the study's findings, residents' knowledge of the availability and use of health care services would undoubtedly increase if they received educational interventions, such as information booklets, which would also help to improve the overall quality of their health.

According to CMC Prabha (2022), the study's objective was to assess parents' and students' awareness of and anxiety about COVID-19. After surveying 158 students and 146 parents, it was discovered that the majority of respondents experienced light anxiety and good knowledge (parents: 78.1%, kids: 75.95%). Parental worry and knowledge have a negative connection ($r = -0.214$, $p < 0.05$). Factors like age, education, occupation, and family income influenced knowledge and anxiety levels. Overall, participants showed average knowledge and moderate anxiety about COVID-19.

Bíró Studied (2021) College students from Cyprus's primary universities were surveyed in March 2020 as part of the INTERACT study to gauge their familiarity with COVID-19. A sizable percentage of the 3641 participants—mostly female undergraduates in the health and biological sciences—showed good understanding. Nonetheless, the necessity for improved communication efforts was brought to light by widespread misconceptions and unfavourable attitudes. The results emphasised how important it is to communicate with students consistently and empathically in order to fill in knowledge gaps, debunk falsehoods, and foster positive attitudes.

Teenagers who are anxious are plagued by bodily symptoms such as intense perspiration, shivering of the hands and lips, fast heartbeat, elevated pulse rate, dryness, and tension and exhaustion in their muscles. Adolescents experience psychological symptoms in addition to physical ailments that cause them distress. They get easily discouraged and sensitive to criticism. Adolescents often experience tenseness, impatience, dread stemming from imagined threat or fantasies, acute panic, mild sadness, difficulty focusing, and difficulty making decisions, among other psychological symptoms.

As per Coleman's (1969) findings, anxiety can be triggered by various variables such fear of punishment, loss of social position, indecisiveness, and threat to one's status or purpose. In addition to these, anxiety is caused by a wide range of internal and environmental variables. These include individual factors such as mental health issues, emotional disorders, maladjustment, low self-esteem, low motivation, and so on; familial factors such as low socioeconomic status, lack of guidance, and uncaring parental attitude; social factors pertaining to society; and institutional factors pertaining to the school environment and activities. Of these, the socioeconomic aspect has the most impact on pupils' attitudes and skill sets.

So as to better understand the psychological impact of COVID-19 and how to understand and address anxiety, this study is being conducted.

Objective: To compare COVID-19 Anxiety and Awareness among Teachers and College Students.

Hypotheses: Teachers having less covid-19 anxiety and more awareness than Students.

Variables:

1. **Independent Variable:** Different age group sample
 - i) 78 college teachers and
 - ii) 86 college students.
2. **Dependent Variable:** COVID-19 Anxiety and Awareness

Participants:

Out of the 168 participants in this test, 86 were college students and 78 were college teachers from the Raigad District. The entire sample has been divided into two groups, college teachers and college students, for the purpose of age-wise comparison.

Tools:

Higher scores in the study, which used an online Google questionnaire, were associated with greater awareness and less COVID-19 anxiety. In other words, a greater understanding of COVID-19 results in reduced anxiety.

Data Analysis:

In the present study along with descriptive statistics like Mean and SD, 't' test was used for data analysis. Mean, SD and 't' value were calculated for estimating the level of significance between two group.

Results:

Result Table shows that Mean, SD and t Value for Teachers and College Students.

Class	N	Mean	SD	t	p	Sig.
College Teachers	78	8.30	2.29	-1.94	0.061	0.05
College Students	86	7.82	5.81			

*not significant

DISCUSSION:

In the present study the researcher attempted to study the COVID-19 Anxiety and Awareness among Teachers and College Students in the Raigad District.

Table No. 1 shows that the college teachers' and students' respective SD values were 2.29 and 5.81, whereas the mean values of these two groups were 8.30 and 7.82. The computed value of "t" in the current study was -1.94, which is not significant at the 0.05 level. As a result, our hypothesis is rejected because there was no significant difference in COVID-19 anxiety and awareness between the different age groups.

CMC Prabha (2022) states that the study's goal was to assess students' and parents' awareness of and anxiety around COVID-19. Anxiety and knowledge levels were influenced by variables such as age, family income, occupation, and education. Participants' overall COVID-19 knowledge was mediocre, and their anxiety level was moderate.

However, the current investigation did not find any noticeable variations in COVID-19 awareness and anxiety between age groups.

CONCLUSION:

Present study did not found significant difference in COVID-19 anxiety and awareness among college teachers and college students.

LIMITATIONS:

- 1] The research paper is related to small sample size.
- 2) It is suggested therefore to conduct the study by taking large sample with more than two groups and applying suitable statistical techniques.

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