



A STUDY ON ANXIETY OF COVID-19 WORKERS OFFSPRING'S

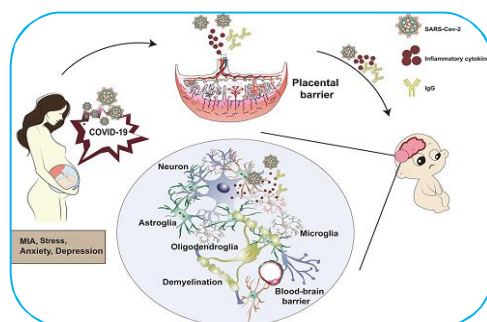
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ABSTRACT

This study aims to examine the COVID-19 workers' Son's and Daughter's Anxiety issues of high school students. The researcher conducted this study in Villupuram District in Tamil Nadu. The investigator used the normative survey method to collect the data with a sample of 120 high school students. The collected data was analyzed by using SPSS Software. To interpret the data Descriptive analysis and Differential Analysis techniques were used. From the data analysis, the results that were found by the researcher show that 't' and 'F' values are no significant difference in the anxiety of COVID-19 Workers Son's and Daughter of High School Students with respect to their Gender (Male/Female) and Occupation of Students Parents (Doctor/Nurse/Police/Cleaning work) and The study results mean value shows that 5% of students low level, 36.67% of students average level, and the remaining 58.33% of students show a high level of anxiety.



KEYWORDS : Anxiety, COVID-19 workers, High School students, Parents Occupations.

INTRODUCTON

Anxiety is the early symptom of all Mental and Psychological disorders. During this COVID-19 pandemic, people were affected mentally to some extent because of severe outbreaks and quarantine issues. Healthcare workers will physically and mentally be affected by the pandemic and meet lots of social crises like heavy workloads, continued working hours, and infection issues like this. Also, the family members of healthcare workers are affected by stress, frustration, and anxiety because high risk of infection and contamination, etc., especially their children face issues like isolation and avoidance by their friends, neighbors, and relatives which will affect them mentally remarkably. The Coronavirus infection has a negative influence on both physical and mental health worldwide, and the effects of cognitive impairment are more severe and long-lasting than those of physical harm (Khan et al., 2020). Numerous people, especially students, may already be suffering from psychological illnesses like anxiety disorder and will continue to do so as a result of the massive increase of COVID-19 cases. In this study, the investigator aimed to examine the Anxiety of COVID-19 workers' sons and Daughters of High school students.

NEED AND IMPORTANCE OF THE STUDY

There have been numerous people who have felt anxious emotionally since the COVID-19 outbreak started. Its growth and expansion are a significant cause for concern, and as a result, anxiety levels are rising (Roy et al., 2020). The educational system has also been impacted by the epidemic. Classes held in person had to be canceled due to the lockdown. Virtual learning is thus currently a topic that many universities and educational institutions are dealing with (Talidong&Toquero, 2020). Schools and institutions are recommended to adopt pandemic coping strategies to maintain positive student behavior and reduce COVID-19 fear (Akan et al., 2010). The researcher thus investigates the Anxiety of Sons and Daughters of COVID-19 workers. Essential personnel, such as healthcare professionals, first responders, food store clerks, and many more, were required to respond to the COVID-19 epidemic in a way that has never been done before. These people bravely took risks to protect the wellbeing of their communities and the operation of vital services. However, the effects of their commitment went far beyond the job and had a significant impact on their families, particularly their kids. The children of these vital employees faced a variety of difficulties as the pandemic developed, and the anxiety they felt became a major worry.

Numerous research and reports have examined the psychological impact of the pandemic on diverse communities, highlighting the elevated levels of stress and anxiety that many people have been experiencing. However, the individual experiences of the sons and daughters of critical workers have received relatively little consideration. Adapting to remote learning and social isolation, dealing with the emotional strain of seeing their parents' tiredness and trauma, and wondering about their parents' exposure to the virus were some of the particular challenges this group had to deal with.

REVIEW OF LITERATURE

Panel Laurie, A. Greco Tracy, L. Morries (2005) As was to be expected, social anxiety in childhood was linked to poor levels of acceptability among peers, and social skills issues played a role in mediating this relationship. This process was controlled for females by friendship quality (as opposed to quantity), which suggests that significant negativity within girls' closest friendships may increase the probability of negative peer outcomes. It's interesting to note that neither the quantity nor quality of friendships did anything to safeguard males or girls. Parvathamma and Sharanamma (2010) investigated the relationship between academic achievement and self-confidence and anxiety levels. One of the study's main conclusions was that boys and girls' levels of anxiousness varied significantly. 2. The level of self-confidence in boys and girls varied significantly. Imran A. Basheti, Quassim N. Mhaidat and Hala N. Mhaidat (2020) have found that during the COVID-19 Pandemic, anxiety and depression levels among university-bound healthcare students in Jordan were observed to be high. Marla and Reia, Francine Leticia and Leia Regina (2020) have studied the children's anxiety and factors related to the COVID-19 pandemic using the children's anxiety questionnaire and the Numerical Rating scale. These findings suggest the necessity of implementing public health actions targeting these parents and their children at the population level. Norbert Skolcauskas, Jannlkekaasboll, Bennett Leventhal (2020) have researched the COVID-19 Pandemic and Supporting Children of Health Care Workers. According to their research, the majority of children of healthcare professionals suffer from stress, anxiety, and depression. Children of healthcare professionals are more susceptible to stress reactions because they are aware of the dangers that their parents face at work. They have advocated for the use of trauma-focused cognitive behavioral therapy to aid in the healing of kids with mental health issues. Additionally, there needs to be increased focus on the mental health of children of health care workers.

OPERATIONAL DEFINITION

Anxiety refers to COVID-19 workers' offspring feelings of unease, worry, dread, tension, panic and restlessness for high school students.

Objectives

To find out whether there is any significant difference in the Anxiety of COVID-19 workers' sons and daughters with respect to their:

- Gender (Male/Female)
- Occupation of the Parents (Doctor/Nurse/Police/Cleaning workers)

Hypothesis of the study

There is no significant difference in the anxiety of COVID-19 workers' sons and daughters with respect to their:

- Gender (Male/Female)
- Occupation of the Parents (Doctor/Nurse/Police/Cleaning workers)

Design of The Study

Table No. 1
Design of the study

S.No	Variables	Tools	Sample Size	Statistical Analysis
1	Anxiety	Constructed and Standardized by the Researcher	120	Descriptive Differential ANOVA

The investigator has followed the normative survey method for the present study. He utilized a simple random sampling technique and 120 Covid-19 workers' offspring were selected as a sample for this study from the total population.

Variables of the Study

Main variable: Anxiety

Demographic variable: Gender, Occupational status of Parents.

Tools Used in The Study

The researchers have constructed, validated and standardized the Covid-19 Anxiety Scale for the present study. It has included 32 statements and the scoring range from 1 to 4.

Statistical Techniques

The researcher used the following statistical techniques for the present study

- Descriptive Analysis
- Differential Analysis

Descriptive Analysis

Table -2 - Anxiety Scores

S. No.	Level of categories Scores	No. of the Students	Percentage
1.	High 110 to 126	70	58.33%
2.	Average 90 to 109	44	36.67%
3.	Low Below 90	06	5%

In the Covid-19 Anxiety scale which is meant for high school students, one can score a minimum of 32 and a maximum of 128. The Mean value of the entire sample of the score is 3.328. The study results show that 5% of students low level, 36.67% of students average level, and the remaining 58.33% of students show a high level of anxiety.

Table 3 - The mean and standard deviation for Anxiety of COVID-19 workers sons and daughters of high school students. Characteristics 2

S. No	Demographic Variable	Sample	N	Mean	Std. Deviation
1.	Gender	Male	50	3.268	0.286
		Female	70	3.365	0.280
2.	Parent Occupation	Doctor	20	3.322	0.046
		Nurse	24	3.352	0.226
		Police	34	3.269	0.326
		Cleaning Works	42	3.275	0.324

In the study describes Anxiety of male students got $M = 3.2683$ mean score and it is lower than the female students' mean score ($M = 3.3650$). The Anxiety with respect to the students' parents' occupation Nurse means score is 3.352. It is greater than the other three groups of students of parent's education (Cleaning workers 3.275, Police 3.269 and Doctors 3.322).

Differential Analysis

Null Hypothesis 1

(a) There is no significant difference between the male and female students, in respect of their level of anxiety.

Table 4- Anxiety - Gender-'t' Value

Demographic variable	Sample	N	Mean	S.D	't' Value
Gender	Male	50	3.26	0.28	1.84
	Female	70	3.36	0.28	

The mean scores of the Level of anxiety of High School Students of COVID-19 workers sons and daughters with respect to males and females are 3.26 and 3.36 and the standard deviations are 0.28 and 0.28 respectively. The calculated 't' value is -1.84 which is lower than the table value 1.96 and there is no significant difference between the mean scores at 0.05 level of significance and the null hypothesis is accepted.

Null Hypothesis 1 (b)

There is no significant difference in the level of Anxiety of COVID-19 workers' sons and daughters of High School Students with respect to their Parents' Occupations.

Table 5 - Anxiety - Parents Occupation – ANOVA

Variable	Sample	Sources of Variation	Sum of Squares	df	Mean Squares	F ratio
Anxiety	Doctor/Nurse/ Police/ Cleaning Workers	Between Groups	0.14	3	0.05	0.16
		Within Groups	9.56	116	0.08	
			9.7	119		

Data with respect to the above hypothesis is analysed using one-way ANOVA. From the 'F' value table it was found that the value required for significance is 2.60. The obtained 'F' value is 0.602 which is lower than the table value for significance at 0.05 level. So the null hypothesis is accepted. So, the researcher doesn't go further tests.

DISCUSSIONS

Children of essential workers frequently had anxiety related to worries about the wellbeing and safety of their parents. Numerous studies have emphasized the stress and worry brought on by essential workers' possible exposure, as well as the ensuing worries for their safety (Brooks et al., 2020). The educational experiences of these kids were significantly impacted by remote learning and closures of the schools. The difficulties of distant learning, such as increased academic stress and feelings of isolation, have been covered in a number of studies (Loades et al., 2020). The mental health of these young people may suffer as a result of the emotional stress of seeing their parents' tiredness and trauma. According to research (Prime et al., 2020), such exposure can raise anxiety and mental distress.

IMPLICATIONS OF THE STUDY

The present research's level of Anxiety means score is high. It is contradictory to the results of Parvathamma and Sharanamma(2010) showed that the Major findings of the study were there was a significant difference between the anxiety levels of boys and girls. Reem Alharbi et al (2021) discussed Depression and Anxiety among high school students at Quassim Region and found that the students were affected by Anxiety as well as similar results found by the present researcher. The result found by Imran A.Basheti, Quassim N.Mhaid at and Hala N.Mhaidat (2020) was opposite to the present study which showed that Anxiety and depression levels among University Health care students in Jordan were found to be high when assessed during the COVID-19 Pandemic. Sibnath Deb and Kerryann Walsh (2020)Discussed On Anxiety among High School Students in India: they found Adolescents belonging to the middle class (middle socio-economic group) suffered more anxiety than those from both high and low socioeconomic groups. This result is opposite to the present researcher's results. The present researcher's results is opposite to the past study conducted by Norbert Skolcauskas, Jannlke kaasboll, Bennett Leventhal (2020) Their findings are that most of the children of healthcare workers are affected by stress, anxiety and depression.

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