



A Study on Psychological problems faced by college students during COVID-19 pandemic in Hyderabad, Telangana State.

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Abstract : College students are widely recognized as a vulnerable demographic, with higher rates of anxiety, depression, substance abuse, and disordered eating than the overall population. As a result, the students experiencing mental health problems among the vulnerable population's when the nature of their educational experience changes suddenly, such as staying at home during the COVID-19 pandemic. The goals of this study are to 1) identify the wide range of psychological effects COVID-19 has on students, and 2) assess potential socio demographic, lifestyle-related, and awareness of people infected with COVID-19 risk factors that may increase the likelihood of students experiencing these effects. The researcher used cross-sectional analysis through google forms from several graduate and post graduate students. Sample method is convenient sampling is used to collect the data from 60 students during pandemic. Majority of the students were in effect from the data collected. Among them 23.3% were from graduation and 76.4% from post graduate students. The tool used for the data collection is close ended questions, the results were computed and quartiled into low, moderate and high level of psychological problems. The chisquare test is applied to understand relation between demographic profile , socio economic conditions and their psycholgocial problems. Results shows that Inadequate attempts to diagnose and address mental health concerns among college students, particularly during a pandemic, could have long-term effects on health and education.

Keywords : Vulnerable, psychological, mental health, depression

Introduction

Significant illness outbreaks have happened throughout history, but the development of COVID-19, a novel coronavirus disease, has been fatal and devastating, offering a challenge to researchers and healthcare systems. 1 The first COVID-19 epidemic was reported in Wuhan, China, in December 2019. 2 Since then, it has spread around the globe. 3 On January 30, 2020, the World Health Organization classified the COVID-19 outbreak a pandemic. 4 The most typical way for this virus to spread

among humans is through person-to-person contact, either when people come into direct contact with an infected individual or by respiratory droplets.

The COVID-19 outbreak has had a devastating impact on people's daily life; severe isolation measures, such as lockdown, have impeded the functioning of educational institutions, delaying the commencement of academic activity. On March 11, the state declared a lockdown, suspending classes and implementing an electronic learning system to assist pupils in learning until schools and institutions



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Few studies challenge the conclusion that the new coronavirus (SARS-CoV-2) and the disease it caused (COVID-19) had a major impact on people's mental health and behaviour. Due to particularly poor mental health, certain medical facilities have witnessed more suicides than COVID-19 infections. During COVID-19, many previously abstinent people are likely to relapse, resulting in long-term economic and health implications.

Despite the fact that COVID-19 has an impact on all populations—especially in socially disadvantaged communities and those employed as essential workers—college students are among the most severely affected by the virus due to concerns about academic success, future careers, and social life during college, among other things. Even before the epidemic, students all across the world were facing increased levels of anxiety, depressed moods, low self-esteem, psychosomatic diseases, substance addiction, and sociality. As a result, students may need additional resources and services in order to manage with the

disease's physical and mental health effects.

We look on the psychological effects of COVID-19 and associated risk factors on college students in this study.

Literature review

Seven papers (correspondence, $n = 6$, commentary, $n = 1$) have highlighted specific populations that may be particularly sensitive to the COVID-19 pandemic's mental health effects, and some of them have made recommendations for interventions and service provision. The elderly (Yang et al., 2020), the homeless (Tsai and Wilson, 2020), migrant workers (Liem et al., 2020), the mentally ill (Yao et al., 2020a; Zhu et al., 2020), pregnant women (Rashidi Fakari and Simbar, 2020), and Chinese students studying abroad are among the vulnerable groups identified by these authors (Zhai and Du, 2020).

Specific issues raised in relation to the other populations listed above include the elderly's high rates of pre-existing depressive symptoms and their lack of access to mental health services (Yang et al., 2020); the homeless's fears of involuntary admission or imprisonment, which may act as a barrier to mental health care (Tsai and Wilson, 2020); and the need for outreach and social support among migrant worker populations to reduce the risk of common mental illnesses (Yang et al., 2020), the link between COVID-19-related stress and anxiety and poor maternal and neonatal outcomes (Rashidi Fakari and Simbar, 2020); and the potential discrimination and stigmatisation faced by Chinese students studying abroad during the pandemic, which could lead to anxiety and stress-related disorders (Rashidi Fakari and Simbar, 2020). (Zhai and Du, 2020). Close collaboration between psychiatrists and specialists from other



branches of medicine, as well as with local authorities and community health workers, is critical in all of these circumstances.

Research Methodology

Area of the Study: Hyderabad is selected as area of the study. Sample Size :: 60 of the students who were willing to fill the form during covid pandemic. Sample method: Convenient sampling method is used for the present study. Tool: Structured questionnaire is used to collect the data through google form.

Results

**Distribution of sample:
 Demographic profile of the students**

The table no. 1 shows that, Male (42.6) and female 35 (57.4) respondents are from the selected sample, Graduates (50.0) and post graduates (50.0) . Category is explained as OC (17.0), BC (20.0), SC (27.0) and ST (37.0). Parent’s occupation and their income were selected as variables to understand socio economic conditions of the students.

Table No.1
 Demographic Profile

Variable	Frequencies	Percentage
Gender		
Male	26	42.6
Female	35	57.4
Class		
Graduates	30	50.0
Post Graduates	30	50.0
Category		
OC	10	17.0
BC	12	20.0
SC	16	27.0
ST	22	37.0
Parents Occupation		
Private	22	37.0
Govt.	10	17.0
Others	28	47.0
Monthly Income		
Less than Rs.10,000	28	47.0
Between Rs.10,001 to 28,000	22	37.0
Above 28,001	10	17.0

Occupation is explained as Private employees (37.0) , Govt. employees (17.0) and others(47.0) are sample for the study. Monthly income is computed and quartiled into three, less than Rs.10,000 (47.0), between Rs.10,001 to 28,000 (37.0) and above Rs.28,001 (17.0) are from the selected sample.



Qualification * Psychological problems

The findings were explained based on the data, among 60 sample respondents it was observed that psychological problems faced by graduates high level of psychological problems (23%), moderately

(5%). Post Graduates high (76%) level of psychological problems, moderately(64%). It shows there is significant relation between psychological problems and qualification p value is 0.031.

Table No.2
Qualification * Psychological problems

Qualifaication	Psychological Problems			Total	p value 0.031
	High	Moderate	Low		
Graduates	10	5	0	16	
	23.30%	35.70%	0.00%	26.20%	
Post Graduates	33	8	3	44	
	76.40%	64.30%	100.00%	72.10%	
Total	43	13	3	60	
	100.00%	100.00%	100.00%	100.00%	

Parental Occupation * Psychological problems

Parental occupation and psychological problems were tested for significance. It shows that, private employees are (24%) psychological problems, daily wage labour

(75%) and Govt employees (0%) were facing high psychological problems. It shows that comparatively daily wage labour were facing high psychological problems comparatively with private and govt. employees. p value is 0.012.

Table No.3 Parental Occupation * Psychological problems

Parents Occupation	Psychological Problems			Total	p value 0.012
	Low	Moderate	High		
PRIVATE EMPLOYEE	1	7	8	16	
	11.10%	36.80%	24.20%	26.20%	
DAILY WAGE	7	12	25	44	
	77.80%	63.20%	75.80%	72.10%	
GOVT. EMPLOYEE	1	0	0	1	
	11.10%	0.00%	0.00%	1.60%	
Total	9	19	33	61	
	100.00%	100.00%	100.00%	100.00%	

Conclusions

To examine the psychological impact of COVID-19 on students, the researcher collected data from 60 students from multiple colleges in Hyderabad. College students have reported feeling stressed as

a result of changes in educational practises and social estrangement. COVIC-19 has a wide range of effects on college students and their psychological concerns, according to quantitative data



from closed ended responses. The most important changes in students were recognised, with a strong link between their psychological problems and their parents' work and economic status.

During the COVID-19 pandemic quarantine, adults reported decreased physical activity and increased food consumption, as well as an increase in binge drinking on average, which was also found in a small number of our student responders. Variations in student experience based on geographic location could account for minor variations between our findings and those of other studies.

Recommendation

The colleges would have addressed the mental health requirements of their whole student population if it had been discovered that a high percentage of students were experiencing psychological impact profiles. Virtual therapy would have been provided by colleges to minimise anxiety and depression among graduates and post-graduates.

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