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Effect of Academic Stress on Mental Health of Undergraduate Students During Covid 19

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Abstract:

This study is conducted to find out the effect of academic stress on the mental health of undergraduate students in this emerging situation of COVID 19. The problem that motivates for the study is because of the pandemic which caused a major change in student's life like Stress, which may lead to Depression. In this study we used online survey for data collection and used Percentage analysis and regression analysis for the data analysis. This study proves that academic stress has an effect on student's mental health during covid 19.

I. Introduction:

In this emerging concern about covid 19 virus most of the universities around the world cancelled their campus activities and started online learning on March 2021. During this period various restrictions are made for people. As a part of that various schools and universities are compelled to stop their activities instantly. But now colleges and school have opened but still some colleges are remaining to open. So, the colleges are in confusion that how to continue teaching. Academic stress has an effect on student's mental health during covid 19 with their staff and students safe from this pandemic. And digital technologies had been established before this outbreak to promote online learning to students. Due to this unexpected emergence of this pandemic most of the faculties in school and colleges are facing a major problem that is lack of experience in online teaching, limitation of time for preparing the online learning courses and lack of knowledge in operating the new technology. Students and teachers also equally face many other problems also like weakness of online teaching infrastructure, lack of experience in new technologies, complex environment in home difficulty in understanding the literature and also students may face some other distractions in home including network issues. Also, in online learning the extra workload and lack of proper communication with tutors caused the students problem.

The early studies say that the covid 19 epidemic may have various negative effects on college students like psychological effect that are expressed by way of anxiety, apprehension and misgiving. It can have a negative impact on students learning and their psychological health. Higher stress in students can lead into poor academic performance, school dropout additions, and crimes and also it leads to cheating in examinations and fraud and negligence. There are many reasons for stress, it depends on the physical health, interrelationship with others, work demands the degree of expectation and dependency and commitment in various forms.

We can define stress as a psychological process, which arise due to the interaction between individuals and depending upon characteristics and psychological process of individuals. Here the psychological process refers to various factors like attitudes, values and various personality dimensions. Some of the issues caused by stress in students are; hyper tension, high cholesterol,

anger, anxiety, nervous tension, depression and boredom. Previous studies shows that students are anxious due to the lack of enjoyments in the classroom and also students from lower income category may face digital inequalities in education and not able to access modern technologies oronline classes that can create psychological distress in students. Other reason is the excessive cost to access the internet. So, the difficulty in attending the online class create fear academic year loss in students. Moreover, the limited time, interpretation and assessment method of online classes compared to traditional classroom methods makes students dissatisfied.

Many colleges are compelled to cancel their classes and graduation ceremonies due to the covid 19 pandemic which may have an impact on the mental health of students. Online learning affects every teachers and students equally. Social isolation, stress, anxiety and virtual learning fatigue are the after result of mental health problems in students. Colleges areprimarily meant for providing education but students as a social being it is a central place for social interaction as it provides students an opportunity to interact with their peers. It's also a place for them to socialise and to express their ideas and feelings. But after the arrival of covid 19 pandemic there is a change occurred in the education systemthis may lead many of them to feel lonely, unmotivated and discouraged without having such regular social interaction. They may also feel difficulty in keeping up to date in their college activities which increase anxiety in students.

II. Literature Review

Stress is defined as physical and emotional tension. Stress it is an unavoidable factor for a human, in today's world each student face stress many times in their life. It can also be felt like sadness, tensions, frustration which may lead students to depression. Switching of class to online made increased level of stress among college students. So, this period has been an upheaval for university students. Most of the students are very stress in mentally because of this COVID 19 condition and many of them were worried about their studies and not satisfied with their class which is in online.Academic stress was a major issue faced by students all over in the world. It will affect student's mental health and well-being. Many studies says that students fear of loss in a particular academic year and the psychological distress is very closely related.

Students are suffering a lot from unproductive online learning system and fear of failing the academic year. High academic workload creates a lot of stress on students. Sleep problems, illness/ health problems were moderately identified as stressors which is similar among both men and women. High academic work, conduct of examination frequently, financial inability and family problems are the major causes of stress in students during online learning. COVID 19 had affected many graduate student's careers as their final years were interrupted which led to serious mental issues.Students mental health is largely depends on the academic stress. So, in this study the dependent variable is student's mental health and independent variable is academic stress. And we finally arrived at the hypothesis that ' There is an effect of Academic Stress on Students Mental Health '.

III. Procedure

In this study we used descriptive research design. This research includes online surveying and fact finding. Here we used primary and secondary data for analysis and interpretation. The primary data was collected through online questionnaires using Goggle forms from undergraduate students. Secondary data was collected from websites and journals.We collected Secondary data from websites and journals. In this study the sample units were undergraduate students from various colleges. The sample size was 203 undergraduate students from various colleges. The tools used in the study are Percentage method and Regression Analysis using SPSS.

IV. Measure

Stress: To measure stress the scale used is PAS (Perception of Academic Stress) scale which is developed by Dalia Bedewy& Adel Gabriel. Sample questions asked were "The competition with my peers for grades is quite intense"(DaliaBedewy&AdelnGabriel, 2015).

Mental health: To measure mental health the we used is General Health Perceptions developed by Ron Roberts, John Golding,TonyTowell. Sample questions were "Have you recently been able to concentrate on whatever you are doing?"(Ron Roberts , John Golding, Tony Towell& Irene Weinreb 2010, March 24).

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.263	.151		8.338	<.001
	AcademicStress	.459	.059	.482	7.809	<.001

a. Dependent Variable: MentalHealth

V. Analysis

Descriptive analysis

In this study most of the respondents were females (55%) and only 45% male respondents were there. Majority of the respondents are B.com students i.e., 45% and students from 6th semester.

Regression Analysis

In order to test the hypothesis, we used regression analysis. R and R square values are given in the model Model Summary Table. Here the value of R is .482 and R

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.482 ^a	.233	.229	.32631

a. Predictors: (Constant), Academic Stress

Square 23.3%. And the next table given is the ANOVA table which indicate that the regression model predict the dependent variable significantly well because here p value is 0.001 which is less than 0.05. So, We accepted our alternative hypothesis and rejected our null hypothesis . Here we can state that the academic stress has an effect on student’s mental health during covid 19 with an effect of beta equal to .459.

VI. Discussion

Academic Stress is one of the major problems each and every student are facing, but this pandemic made it much worse. Students are more worried about their studies, carrier which made them more stressed. This study proves academic stress has an effect on student’s mental health during covid 19. From the response we got majority of the students i.e., 39% of them agreeing that the amount of work and assignment is too much and only 8% of the students are strongly disagree with that statement. 52% students agreeing that they feel unhappy or depressed. From this we get a clear idea of academic stress students are facing and this leads them to other mental health issues. Our finding shows need of preventive measures for students in this situation.

VII. Conclusion

This study was conducted among the undergraduate students of various colleges to understand whether the academic stress has any effect on student's mental health. As a result of our study, we concluded that the academic stress has a positive effect on student's mental health. According to this study it shows that the unrealistic expectation of parents and teachers on students, short time allocated to complete academic work, excessive curriculum and large amount of work and assignment make students stressful. For most of the students it is difficult to take academic decisions easily. Teachers, family and friends also can help students to control their stress. Teachers can work with students as a team that help students to complete their work on time.

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