

A Study on Assessing Level of Depression Among College Students During Covid-19

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Stress has become almost an inevitable element of student's academic life and cause to this are various internal and external expectations placed upon student's shoulder. This paper is inspired from the above thought and is focused on the academic stress and depression on college students during Covid 19. Academic stress and depression are the burning cause of suicide and suicidal attempts among college students. There are lots of cases reporting by media about adolescents attempting and committing suicide. During Covid 19 pandemic, since the classes are on virtual mode, the pressure of academics have gone onto much higher level on students. Attending back-to-back online classes this will resultantly increase in the screen time is very challenging. Students are not able to show up their natural and real self. Keeping this in view it is a need of an hour to investigate the causal factor that are affecting students psychologically. This investigation will help us in understanding diverse and varied thoughts that are taking birth in the student's mind. The present study is designed to study the relationship between academic stress and depression among college students during Covid 19.

Key words: Academic stress, Depression, Covid 19, Online

Academic stress and depression are very critical issues for society as well as for academic domain. The world is full of passion achievement and challenging for students, but it is very depressing to say that it is also period of stress for these students, in terms of adapting with new educational and social environment college is stressful location for college students. College students encounters so many academic burdens, such as, continuous examination, answering questions in the class, showing progress in school subjects due to academic stress, meanwhile understanding teaching, competition with classmates, fulfilling teachers and parental

academic expectations these also the effect of academic stress consequently these demands may led to much academic pressure among students. "Academic stress is defined as a mental and emotional pressure or tension that occurs due to the demands of college life" (Rachel, 2008).

In the initial years of higher education students experienced stressful by students that led to depressiveness among them during academic journey. Various stressful events are related with the depressive symptoms across the complete academic period especially new challenges and stressors from academic life, family and social

domains, increases general feelings of depression among students.

Depression is categorized in different types.

I. Seasonal affective disorder:- emerges during particular seasons of the year- commonly winter – brought on the diminished natural height.

II. Atypical depression:- biggest differentiator in mood reactivity. People with this kind of depression see their mood improve when something positive happens.

III. Bipolar disorder:- used to be called as maniac depression and involves alternating between episodes of depression and extremely elevated energy.

IV. Psychotic depression:- occurs when a person experiences depressive episodes so severe that they start having false fixed beliefs or hearing or seeing things that others can't hear or see.

V. Persistent depressive disorder:- used to be called dysthymia. It's a chronic form of depression – usually with milder symptoms – in which an episode lingers for a long period of time, sometimes two years or more.

Stress is a feeling of emotional or physical tension. It can come from any event or thought that make us feel frustrated, angry or nervous. Stress is a normal human reaction that happens to everyone. In fact, the human body is designed to experience stress and react to it. When we experience changes or challenges (stressors), our body produces physical and mental responses.

Physiological Response of Body in Stress

When a person has long-term (chronic) stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional and behavioural symptoms develop.

- ◆ Physical symptoms of stress include:
- ◆ Aches and pains.

- ◆ Chest pain or a feeling like your heart is racing.

- ◆ Exhaustion or trouble sleeping.
- ◆ Headaches, dizziness or shaking.
- ◆ Stomach or digestive problems.
- ◆ Weak immune system.

Stress can lead to emotional and mental symptoms like:

- ◆ Anxiety or irritability.
- ◆ Sadness.
- ◆ Panic attacks.

Objective

The objective of the study is:

- To study the level of depression among college going students during ongoing pandemic.

Hypothesis

The level of depression will increase among college going students during ongoing pandemic.

Sample

78 participants have been selected for the study and they are from different colleges of all over India ranged between 17 to 22 years of age. The participants belong to lower middle socioeconomic status from a different race, without any psychological issue. All participants are selected on the basis of random purposive sampling basis.

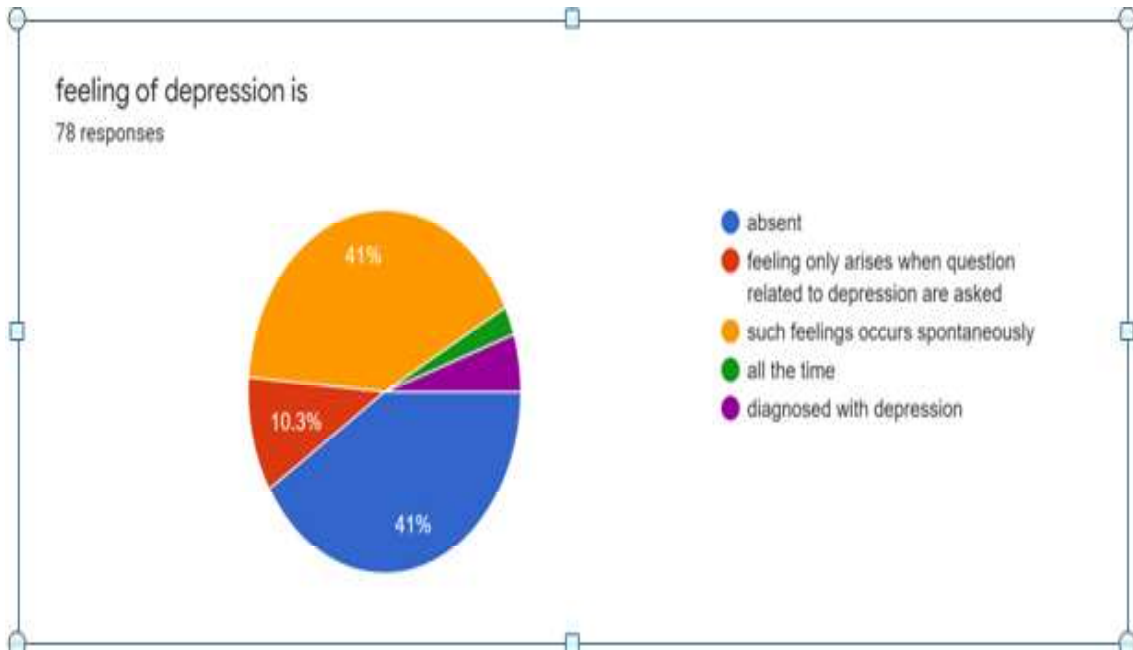
Tools

Hamilton Depression Rating Scale (HDRS) was used to assess the level of depression. It consists of 17 items with different options was constructed to measure the depression level of individual ranged between 17 to 45 years, developed by Max Hamilton.

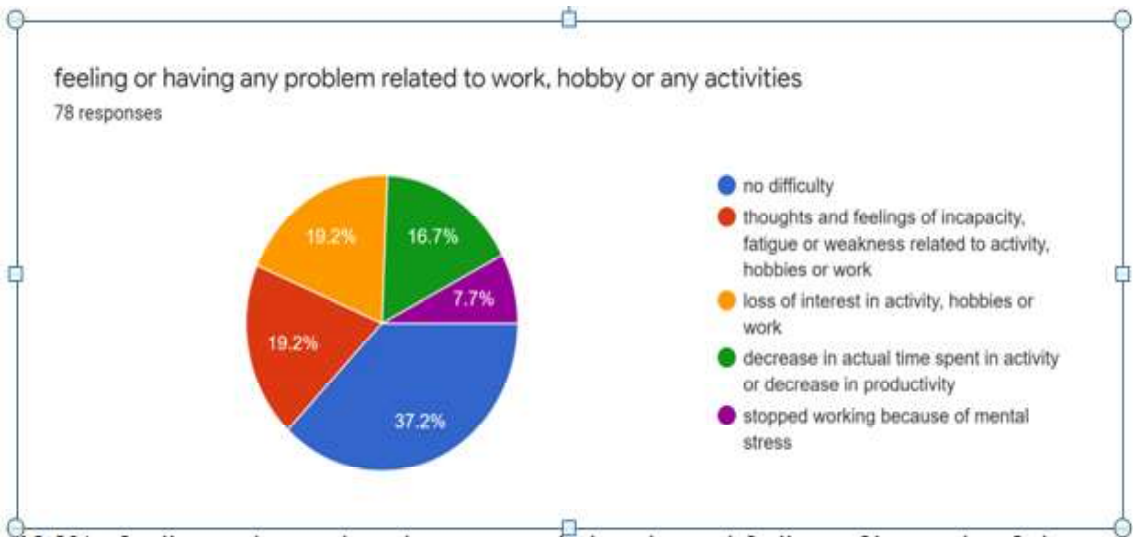
Results

Out of 78 college going student 48.7% has mild, 22.3% had moderate and 16.6% had severe and 12.4% had minimal level depression as per Hamilton depression rating scale.

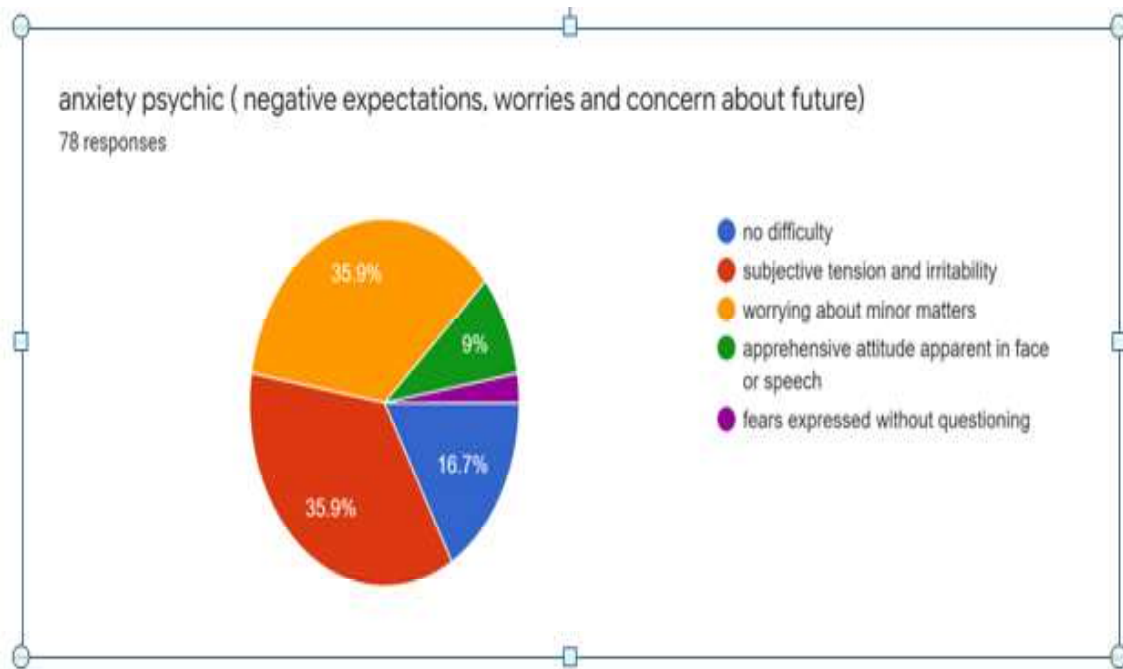
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The feeling of depression from the 78 samples shows that 41% think that they are depressed, the feeling of depression occurs spontaneously to them. 10% think that they feel depressed when someone ask about depression to them. Around 7% are diagnosed with depression



19.2% of college going students have reported thoughts and feelings of incapacity, fatigue or weakness related to activity hobbies or work.19.2% have loss of interest in activity, hobbies or work. 16.7% have found that there is decrease in actual time spent in activity or decrease in productivity, this may be the reason of excessive work, assignment of their studies which led them in gradual decrease in another skills.



Data shows that 35.9% think about minor matters and subjective tension and around 2% have fears expressed without questioning. Around 9% have apprehensive attitude apparent in face or speech. And 16.7% have found no difficulties like negative expectations, worries and concern about future.

Conclusion:

Depression is a quiet crisis, but it need not be. Increased awareness, with the development of needed mental health programs, can reach teens who need help. Working with social media can reach teens who may be suffering in silence. Collaboration with teen support groups and faith organizations can create safe havens for teens. Through a coordinated effort on the part of public and private industry, government agencies, concerned family, friends, schools, and healthcare professionals, we can make a difference in preventing suicide and saving lives.

The level of academic stress has significantly affected on depression among college students..

Suggestions:

The study gives evidence that considerable amount of percentage of college going students have been suffering from Mental health issues during ongoing pandemic.

It is recommended in the study that HEIs should stay connected with students and motivate them to move forward together during this tough times. Parents should be encouraged to create a positive friendly home environment without imposing pressure of on future academic and working career on college going students.

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