



Study To Assess The Level Of Stress And Coping Strategies Adopted By Adolescents During COVID-19 Lockdown In The Selected School Of New Delhi

1 Trecy Benjamm, 2 Mikki Khan , 3 Gifty Bijoy

1 Nursing Officer , 2 Assistant Professor , 3 Nursing Tutor

1 Bhagwan Mahavir Hospital ,

1 Bhagwan Mahavir Hospital, Delhi , India

Abstract : COVID-19 pandemic is the defining global health crisis of the 21st century and the greatest challenge that the world has faced since World War II. The outbreak was first revealed in late December 2019 when clusters of pneumonia cases of unknown etiology were found to be associated with epidemiologically linked exposure to a seafood market and untraced exposures in the city of Wuhan of Hubei Province. An exploratory study to assess the level of stress and coping strategies adopted by adolescents during COVID-19 lockdown in the selected school of New Delhi. Sociocultural includes Age, Gender, Education, Income, Occupation, Social position, Cultural background, Religious, upbringing and beliefs, Political affiliation, Socialization experiences, Level of social integration or relatedness. Sociocultural includes Age, Gender, Education, Income, Occupation, Social position, Cultural background, Religious, upbringing and beliefs, Political affiliation, Socialization experiences, Level of social integration or relatedness. The obtained value of Fisher's exact values to establish association between level of stress and the selected demographic variables that is Age, Gender, Grade in which you are and Monthly family income were found to be not significant at 0.005 level of significance.

I. INTRODUCTION

COVID-19 pandemic is the defining global health crisis of the 21st century and the greatest challenge that the world has faced since World War II. The outbreak was first revealed in late December 2019 when clusters of pneumonia cases of unknown etiology were found to be associated with epidemiologically linked exposure to a seafood market and untraced exposures in the city of Wuhan of Hubei Province. Since then, the number of cases has continued to escalate exponentially within and beyond Wuhan, spreading to all over 213 countries. On 30 January 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a public health emergency of international concern. As COVID-19 pandemic has tightened its grip with increase in total

number of cases and death rate, governments have introduced step such as “spatial distancing” and “staying at home” to curb its spread and impact. The most vulnerable group in COVID-19 pandemic situation is adolescents. According to Erikson theory of psychosocial development, adolescent is the stage where they explore their independence and develop a sense of self. Adolescent is known for being a stressful life period, as they are emotionally mature enough to be aware of their thoughts and feeling but haven't yet learned skills to cope with problems in healthy ways. As adolescent brain are still developing, they are particular vulnerable to stress. Social isolation and school closure is one of the major factor leading to stress among adolescent as there is inhibition from daily activity, interruption of social necessities, inability to take part in social networking activities. The rapid rise in the number of infected cases and death , disruption of daily routine, home confinement, fear of infection, social distancing from peer and friends and lack of access to education resources have created a feeling of stress, boredom and loneliness among adolescent. On top of this, adolescents likely experience the same stressors as adults because of COVID-19 pandemic, the economic situation has worsened with high and rising levels of unemployment in all affected countries which ultimately creates financial instability. The declines in macroeconomic conditions had a stronger impact on harsh parenting (parenting conflict and hard parenting) which in turn impact on child outcomes.

II. REVIEW OF LITERATURE

Adolescence is the age where the brain is developing at a rapid rate, which means that it is easily over stimulated. Teens are going through significant hormonal changes and different area of the brain is developing at different rates which explain that they often feels disconnected between their mind and body. They are more vulnerable group as they lacked skill in using adaptive coping mechanism, therefore it is being said “stress and adolescent can make a perfect storm”.

From ages, the world had been affected through diseases like SARS, H1N1 etc. some studies during the SARS period found that 26.2% of participants had a tendency to have psychological problems and 14.1% youth group with PTSD symptoms at three years after the 2013 earthquake in Lushan, china In a study conducted after the H1N1 and SARS epidemics in Central and North America, criteria for PTSD based on parental reporting were met by 30% of the children who had been isolated or quarantined.

Since before the COVID, stress has been a major issue among adolescents. The American Psychological Association (APA) periodically survey for stress in the American public and since 2013, teens have reported higher level of stress than adults. In the 2018 APA survey, teens reported worse mental health and higher level of anxiety and depression than all other ages. The Canadian 2019 survey also asked parents to rate the mental health of their children aged 1 to 17. It found that parents of younger children were less likely than parents of older children to report that their child's mental health was fair or poor. Studies conducted among school-going adolescents in urban India indicate that at least one in five adolescents endure high stress levels in their daily lives. A 2019 analysis by Jean Twenge, author of *iGen* and psychology professor at San Diego

state university, showed that between 2005 and 2017, teens and young adults experienced a significant rise in serious psychological distress, major depression and suicide.

The physical isolation combined with economic instability, fear of infection and stress surrounding the uncertainty of the future has had a profound impact of global mental health, making research in this area a top. For adolescent, the effect of this stress way be heightened due to their increased desire of autonomy and peer connection, which are both hindered when they are forced to physically distance from friends and remain home. Adolescent is a time of heightened motivation for peer affiliation. Peer groups provide an important context for social and emotional support and have a significant impact on the socialization of a range of behaviors. However, during a time of social isolation, physical peer interactions are invariably removed. Concerns about maintaining close connections to friends and the consequences of isolation for social status and peer belonging may be especially prominent for adolescents. The duration of loneliness was strongly correlated with mental health symptoms than the intensity of loneliness.

III. METHODOLOGY

RESEARCH APPROACH:

Research approach involves the description of the plan to investigate the phenomenon.

RESEARCH DESIGN:

EXPLORATORY RESEARCH DESIGN WAS CHOSEN BECAUSE THE STUDY EXPLORES THE LEVEL OF STRESS AND COPING STRATEGIES ALONG WITH FACTORS INFLUENCING STRESS AMONG ADOLESCENTS DURING COVID-19 LOCKDOWN

SETTING OF THE STUDY

The study was conducted in the selected school of New Delhi. **POPULATION**

In the present study, population comprised of adolescents of the age group 10-18 in the selected school of New Delhi.

SAMPLE:

IN THE PRESENT STUDY, A TOTAL OF 100 ADOLESCENTS BETWEEN THE AGE GROUP OF 10-19 YEARS ARE COMPRISED OF SAMPLE.

SAMPLING TECHNIQUE: THE SAMPLING TECHNIQUE FOR THE PRESENT STUDY WAS PURPOSIVE SAMPLING TECHNIQUE

SAMPLING CRITERIA:

Inclusion criteria

- Adolescents who are willing to participate
- Adolescents who are available at the time of study

Exclusion criteria

- Adolescents who have psychiatric co morbidities.
- Adolescents who are not available during data collection time. (technical problem, absentee, non-accessibility)
- Adolescents who will not give consent at the time of data collection.

DATA COLLECTION TOOLS AND TECHNIQUES:

The task of data collection begins after a research problem has been defined and research design/plan chalked out.

The techniques of data collection are the means of gathering data with the use of specific tool used in the given method.

SUMMARY, MAJOR FINDING OF THE STUDY

The present study was descriptive in nature and was conducted with the aim of assessing the level of stress and coping strategies adopted by adolescents during COVID-19 lockdown in selected school of New Delhi.

The objectives of the study were:

★ To explore factors influencing stress in adolescents during COVID-19 lockdown in selected school of New Delhi.

★ To assess the level of stress among the adolescents during COVID-19 lockdown in selected school of New Delhi.

★ To identify the coping strategies adopted by adolescents during COVID-19 lockdown in the selected school of New Delhi.

★ To seek association between level of stress and selected demographic variables such as age, gender, grade and Family Monthly income of the adolescents during COVID-19 lockdown in selected school of New Delhi.

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CONCLUSIONS DRAWN FROM THE STUDY

The major conclusion drawn on the basis of the findings of the study were as follows:

- Among adolescents the highest ranked stress factor was academic factor and the least ranked stress factor was financial factor.
- Most of the adolescents had moderate stress during COVID-19 lockdown.
- The most adopted coping strategies by adolescents was the approach coping that is positive reframing

- There was no significant association between level of stress and selected demographic variables that is Age, Gender, Grade in which you are and Monthly family income

DISCUSSION

An occasional bout of feeling stressed out is common among the people and considered to be normal but if the stress stays with no effective coping strategies as in the situation like COVID-19 lockdown, It may lead to many mental and physiological issues. The aim of present study was to explore the factor influencing stress, to assess the level of stress and the coping strategies adopted by the adolescents during COVID-19 lockdown in the selected school of New Delhi (Golden Valley Public International School). The finding of the present study showed various factors that contribute to stress among adolescents during COVID-19 lockdown such as intrapersonal factor, interpersonal factor, academic factor and financial factor. It was revealed that the highest ranked factor that influenced stress was the academic factor, followed by the intrapersonal factor, interpersonal factor and the least financial factor during the COVID-19 lockdown. The findings are consistent with the finding of the study by Ezpeleta et.al (2020) who reported that Conduct, peer, prosocial, and total problems significantly increased post-COVID-19 lockdown, meaning that lockdown may have had an effect on the increment of the problems. Guessoum et.al (2020) in their study found that Stressful life events, extended home confinement, brutal grief, intrafamilial violence, overuse of the Internet and social media are factors that could influence the mental health of adolescents during COVID-19 pandemic. Etxebarria et.al (2020) found that the youngest part of the population in this study was mostly university students, these symptoms may have been due to the additional stress experienced by young students during the need to adapt to the new online educational environment, without face-to-face classes. In this sense, and although schools promptly implemented online educational activities, they were apparently insufficient to ease young people's minds in such uncertain times

The present study assessed the level of stress among adolescents during COVID-19 lockdown. The data depicted that the majority of the adolescents had moderate level of stress, some had mild stress and very few had severe stress. The findings are consistent with the finding of the study Deepika Sheroun et.al (2020) who reported that the majority of B.SC. Nursing students had moderate stress level and few have severe stress during COVID-19 pandemic lockdown. Etxebarria et.al (2020) found that there were higher mean levels of stress, anxiety, and depression in the younger group, followed by the older in the initial stage of COVID-19 in northern Spain. In contrast to the present study, Rehman et.al (2020) noticed that as according to profession, students had mild stress as attributed to the closure of universities and colleges that offer limited technological support and knowledge resulting in uncertainty about the future.

Rai DR et.al (2020), conducted a study on Stress Level Among Youth During Coronavirus Disease Lockdown in India reported that participants are having the stress level at severe level and by the increasing days stress level is also increasing.

The present study assessed the coping strategies adopted by adolescents during COVID-19 lockdown. The data depicted that the adolescents mostly adopted approach coping as compared to avoidant coping and most

opted coping strategies by adolescents was positive reframing and the least adopted was self blaming during COVID-19 lockdown. The findings are consistent with the finding of the study by Rai DR et.al, conducted a study on Coping Strategies Among Youth During Coronavirus Disease Lockdown in India reported that Participants are also using healthy coping strategies like yoga, exercise, diversion therapy such as spending time with family and watching television. Deepika Sheroun et.al (2020) who notified that Maximum of the B.sc nursing students utilized maladaptive coping as compared to the other types of emotion focused , problem focused and adaptive coping during the COVID-19 pandemic lockdown.

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