

Impact of Family concern on the study of students in Covid-19 Pandemic

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Abstract

Students are facing challenges from various routes in covid-19 pandemic. This troublesome route enervated them physically, psychologically and socially. Though students preparing to face constraints from their academic segment, but premature to face family concern involving financials, health, physical and loss of dear and near ones. This paper studies the various types of constraints play against the students and the factors of distress in this ongoing pandemic. The response has been collected from 151 students in Nagpur region inclusive of the diverse factors like age groups, levels of study, their residence and working place. The study also explored on online education, its implementation and related inadequacies concerning most of the students and aggravate the pressure furthermore. The study revealed that almost 100% of the students are facing distress of one type or another. Some 69% of the students of graduation and post-graduation are facing the problems of headache, eye burning because of average 12 and more hours of usage of cell phones for study and assignments. Schools and colleges are giving more assignment in online mode as compared to offline, often susceptible to anxiety and severe depression. This needs to address early to bring them to the normalcy.

KEY WORDS: Family concern in Pandemic, Study constraints, Challenges of student in Pandemic

INTRODUCTION

The covid-19 pandemic has created the negative impact in the minds of everyone that leads to the imbalance of mental health and created new barrier which may be last longer in some of the cases. As per the survey, 53% of the people are emotionally attached with corona virus negative impact and feel very stress damaging their mental health¹. Students even face the stress manifold due to the corona pandemic along with online study where there is only virtual education getting lots of homework and assignment. It is a self-paced learning environment where help can only be done through virtual mode with very less interaction on one to one basis, sometimes aggravate their own doubts. Peer learning has reached to an end and doubt become more and more complex for some of the students especially from rural background.

Strain is a natural phenomena and a certain amount of tension also helps in preparing yourself for dealing with the situation and gives inner strength². Certain amount of stress is already inherent in a challenging situation, a competition which trigger mind and body to react to it aptly. A Student at the time of exam, sportsperson at the time of their final matches in the playground, going for a job interview etc. getting natural stress that helps in making strategy, working on alternative strategies, opponents' strategy, reframing the strategy and gives more insights of the situation and their allied probable results. This type of stress is for a short span of time and does not give much impact on our

body whereas the distress remain for longer time duration and leave negative impacts on our body. The symptoms like sleep problem, hard to concentrate, feel short of breath, worried, feel irritable and anxious etc.

Family stress is due to certain constraints facing the family and not able to meet the basic demands³. These constraints may be financial, physical, psychological, health, medical, peer pressures, family dispute, single parenting, and domestic violence etc. As per the survey by APA 70% of people are facing the stress due to family responsibility and even 86% of the children are affected by the parents stress⁴. Family stress is also due to the one of the members is not aligned with the others, rude behaviours, extramarital affairs and most prominently weak health conditions. Some stress for the performance upgradation, achievements, efforts are positive in nature and always gives positive results. Stress if it sustains for a longer time will have an impact on the health of family members. The way of managing the stress is also have a positive and negative impact of and alleviated if it shared by all the members. All types of stress mild or severe it affects your body, if we are on stress the body generate the hormones to fight with the circumstances and can be recovered after some time and effort. Chronic stress may lead to symptoms like high blood pressure, weight gain, asthma, Skin problems, increased heartbeat, hardening of arteries and increasing sugar level which causes many more complications.

The stress related to academic workload, online classes, separation from school, fear of contagion, perceived stress of fear of getting covid-19, fear from the news around us generated tremendous pressure on the younger generation and college going students⁵. There are some other factors like future prospects, grades, lack of exercise, eating habits, emotional psychology, and internet addiction also lead to distress among the college students⁶. The pandemic has increased the sedentary activities by not doing the exercise, playing in the ground, put on weight, continuous study on mobile phones, completing homework on mobile phone lead to the stress on body as well as mind⁷.

Material and Method

The primary data collected from the students of Nagpur region to know the family stress and its effect on study. The data is collected from the graduate, postgraduate students and students of school grades. The sample frame consist of the student age group (13-18, 19-24 and more than 24), their residence (urban or rural) working place (college or home) and gender (male, female and transgender) and did not consider the age group less than 13 years of age even though they are most vulnerable who faces stress when their parents facing the bad times. Stratified random sampling is used to select the samples from all areas of Nagpur city and its adjacent regions which comes under Nagpur region only. In Nagpur city we considered all the electoral zones (Nagpur East, Nagpur West, Nagpur Central, Nagpur North, Nagpur South and Nagpur South West), so students residing in these areas will have equal chance to be selected. Sample size of 200 respondents had circulated and 151 qualified questionnaire form has been collected and considered for the study.

Result and Discussions

The demographic about the data at the age group wise, education wise, working place, residence, and gender wise distribution is given for the 151 respondents. More number in the age group has 19-24 has participated which are mostly student of graduation and 25% of students are from post grauation, trainees, internship and engaged in field experience.

Age	Count
13-18	21
19-24	92
More than 24	38

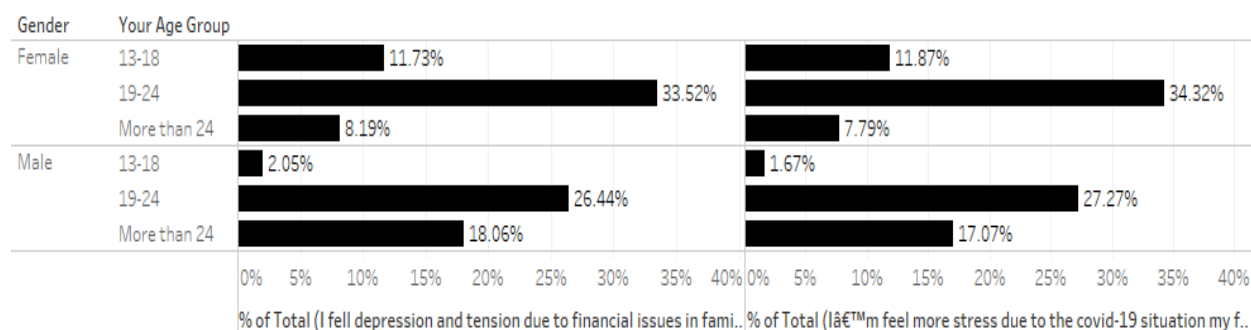
Working Place	Count
Business	4
College	57
Field	1

Residence	Count
Rural	45
Urban	106
Grand Total	151

Grand Total	151	Home	64		
		Mines	1	Gender	Count
Education	Count	MPSC Students	1	Female	79
1st to 4th	2	Office	19	Male	72
5th-12th	22	Shop	1	Grand Total	151
Graduate Student	75	Student	2		
Postgraduate student	52	Trainee	1		
Grand Total	151	Grand Total	151		

The working place of most of them is either college or home and people from office sometimes they had also done the work from home and sometimes from the office as per the instructions received from GOI, Govt. of Maharashtra and Local Municipal body. Almost participation of male and female percentage are 48 and 52 respectively.

While studying the stress we started with family stress and its impact on students. The data reveal that the age group of 19-24 are feeling more depressed due to the situation faced by the family as compared to other two age groups i.e. 13-18 and more than 24. The female group are more sensitive and feel more stress as compared to the male in the age group 13-18 whereas in the other age groups male groups are more sensitive and felling more stress as compared to the female. All respondent feel that they are having some or more amount of stress irrespective of getting affected by covid-19. Some of them are stressed due to health issues and some of them are from financials issue and some of them are facing both the issues simultaneously.



Most of the female in the age group of 19-24 are facing the problem of mental and physical health problem this can be due to varied issued but in the same age group people are getting more headache. These are the students who are spending more hours with their cell phones either in study, doing their assignments or hangs up with friends. Study and doing assignment are apart from the classes time which continuously impacting your eyes and in turn leads to the headache.

Age Group	[Due to physical health issues during Covid-19 my performance is affected]	I feel lots of mental health problem due to COVID-19	I get headache due to stress and continuously seeing on mobile phone	Average of Hours of using Phone for Study(In Hours/Day)	Average of Hours for using phone other than study (In Hours/Day)	Total Average Time Spent on Mobile
13-18	15.41%	14.99%	13.83%	6.047	5.3333	11.38
19-24	59.27%	59.20%	60.99%	7.065	5.5	12.56
More	25.32%	25.81%	25.18%	6.736	5.657	12.39

than 24						
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Now we can also see the percentage of people facing the eye problem like eye burning almost 59% in the age group 19-24 and 41% others. The urban students are more engaged as compared to the rural students i.e. 30% and 70% respectively. This may be due to the online classes, their homework, assignment and better connectivity in the urban places as compared to the rural places where connectivity is the big issues.

Eye Burning	Percentage	Eye Burning	Percentage
13-18	15%	Rural	30%
19-24	59%	Urban	70%
More than 24	26%	Total	100%

Conclusion

Students are facing stress due to varied reasons. Some of them are facing more severe physical stress while some of them are facing with mental stress. The study of all students is affected due to such types of news and hearing about the infected relatives and their close friends. Even during the pandemic period the schools and colleges are also start online classes, which sometimes may have issues with assignment, lectures, persistent connectivity, doubt in the concepts and submission before the due date. Students are not able to cope with the exams, financial constraints and family issues. Mental health leads to major barrier to the growth of an individual’s academic success. This leads to demotivation, aggravating problems and leads to anxiety⁸. Some of them are facing stress due to family problems and financial problems. Overcome of both the problems are not easy for anyone especially when family get affected by covid-19 and worry about the health of loved one and their own. The majority of the students almost 79% are not able to concentrate on the study due to these reasons. Monotonous life pattern also negatively affects student’s concentration on study. Some students also disrupt their sleeping and eating pattern which leads to poor health conditions, like headache, eye burning etc. Almost 54% of the students say that their workload has been increased as compared to the physical classes. Special attention needs to impart to the students facing such challenges to bring them to the mainstream of life.

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