

A Study to Assess the Psychological Impact Among Young Adults Due to COVID-19 Pandemic in Selected College of Nursing, Trichy

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ABSTRACT

Background: The coronavirus disease 2019 (COVID-19) pandemic is a global outbreak of coronavirus – an infectious disease caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). However, more psychologists find that psychological problems, especially post-traumatic anxiety, and depression, also matter after this dreadful disaster.

Objectives: to assess the psychological impact of covid-19 pandemic among young adults at selected college, Trichy and to find out the association between the psychological impact of covid-19 pandemic among young adults with selected demographic variables in selected college of nursing, Trichy

Design: descriptive design.

Setting: Selected Nursing College, Trichy.

Participants: 50 B.Sc. (N) III-year students in the age group of 19-21 years who fulfilled the inclusion criteria.

Methods: Non-probability convenient sampling technique was used.

Results: The findings of the research project revealed that the overall scoring of psychological impact shows 45% are highly impacted, 40% moderately and 15% least impact during COVID-19. There is a statistically significant association between the demographic variables with the psychological impact of covid-19 pandemic among nursing students.

Conclusion: the investigator was able to assess the psychological impact of covid-19 pandemic among young adults at the selected college of nursing, Trichy.

KEYWORDS: psychological impact, young adults, covid-19 pandemic

I.BACKGROUND & INTRODUCTION

“WE THINK WE ARE DONE WITH THE PANDEMIC, BUT THE PANDEMIC IS NOT DONE WITH US” - Gitanjali pai, MD, AAHIVS.

The coronavirus disease 2019 (COVID-19) pandemic is a global outbreak of coronavirus – an infectious disease caused by the severe acute respiratory syndrome coronavirus 2

(SARS-CoV-2), has dramatically impacted the medical health service systems worldwide, causing 57,882,183 confirmed cases and 1,377,395 confirmed deaths up to 22 November 2020 (World Health Organization, 2020).

Many previous studies demonstrated that COVID-19 has led to profound mental and behavioural changes among college students (Alemany-Arrebola et al., 2020; Huckins et al., 2020; Ma et al., 2020; Zhai and Du, 2020). Cao et al. performed a cross-sectional study in China and found that 0.9% of the respondents were experiencing severe anxiety, 2.7% were experiencing moderate anxiety, and 21.3% were experiencing mild anxiety. Similarly, college students' anxiety and depression rates during the early stages of COVID-19 were not optimistic in the United States (Kecojevic et al., 2020) and Bangladesh (Khan et al., 2020).

It is necessary and urgent to improve college students' mental status, and any exacerbation due to strict school regulations after school reopening is unacceptable (Giannopoulou et al., 2020; Kalok et al., 2020). The research study of assessing covid-19 effects on psychological aspects of adults are very helpful to declaim, how the individual is responding to the impact due to quarantine in education and studies, record unemployment levels, and it also gives the significant emotional and financial consequences of covid-19 in adult. The pandemic had a harmful effect on the public mental health which can even lead to psychological crisis. It is important to devote the adequate resources and attention to the mental status need of the adult population throughout the remaining course of the covid -19 pandemic & relevant research to prepare for future pandemic is the study can assess the broad range of specific psychological effect due to the pandemic.

Ravi Philip Rajkumar (2020) conducted research on COVID-19 and mental health: A review of the existing literature. The COVID-19 pandemic is a major health crisis affecting several nations, with over 720,000 cases and 33,000 confirmed deaths reported

to date. Such widespread outbreaks are associated with adverse mental health consequences. Preliminary evidence suggests that symptoms of anxiety and depression (16–28%) and self-reported stress (8%) are common psychological reactions to the COVID-19 pandemic, and may be associated with disturbed sleep. In conclusion, subsyndromal mental health problems are a common response to the COVID-19 pandemic and there is a need for more representative research from other affected countries, particularly in vulnerable population.

Although all the age group are at risk for covid-19 young adult are more vulnerable for psychological problems as they lost their social gathering, Job, Academic etc. By assessing their psychological impact due to covid-19 it will be more helpful to identify their problems & make them to face the physical, psychological, social changes that occurs due to covid -19 pandemic. Early identification in the early stages of a psychological disorder makes the intervention strategies more effective.

1.1 Statement of the problem: A study to assess the psychological impact among young adults due to covid-19 pandemic in selected college of nursing, Trichy

1.2 Objectives:

- to assess the psychological impact of covid-19 pandemic among young adults in selected college of nursing, Trichy
- to find out the association between the psychological impact of covid-19 pandemic among young adults selected demographic variables in selected college of nursing, Trichy

II- MATERIAL & METHODS

A research project was done to assess the psychological impact of covid-19 pandemic among young adults in selected college of nursing, Trichy. The research approach was Quantitative-evaluative in nature. The study was conducted among 50-III Year B.Sc. Nursing students selected college, Trichy

between the age of 19-21 years. Samples were selected by convenient sampling technique and the tool used for the study self-structured questionnaires. The time duration of the study was for a week. The demographic variables were collected using a structured questionnaire. The multiple-choice 30 questionnaires were framed to assess the psychological impact of covid-19 pandemic among young adults a rating scale was used. The collected data were analysed, and interpretation was done by using the statically tabulation with appropriate percentage

2.1 description of the tool: The tool divided into 2 sections, which includes,

SECTION 1: It consists of demographic variables includes age, religion and area of residence

SECTION 2: It consists of 30 questionnaires for assessing psychological impact of covid-19 pandemic among young adults of B.Sc. Nursing students-III Year. In the section on psychological impact, respondents were asked to respond “never, almost never, sometimes, fairly often, very often” to the items. A score of one was given to answers that reflected highly impacted, moderately impacted and least impact psychologically.

The total score ranged from zero to 30, with high scores indicating highly impacted psychologically.

2.2 Data Analysis: This study employed primarily descriptive and inferential statistics for data analysis. Descriptive analysis was used to tabulate the frequency and percentage of demographic variables and psychological impact. A Chi-square test was used to assess the psychological impact with demographic variables. SPSS software was used for analysis.

2.3 Ethical Considerations: On the first page of the questionnaire, respondents were informed about the background and objectives of the study; that they were free to withdraw at any time without giving a reason, and that all information and opinions provided would be kept anonymous and confidential. Informed consent was obtained before proceeding with the questionnaire

III.RESULT & DISCUSSION

The demographic variables shows that majority of nursing students (70 %) belong to 20 years of age, (78 %) belongs to the religion Hindu and (48 %) rural area of residence.

3.1 Demographic variables like Age in Years, Religion & Area of residence in percentage distribution of 50 nursing students:

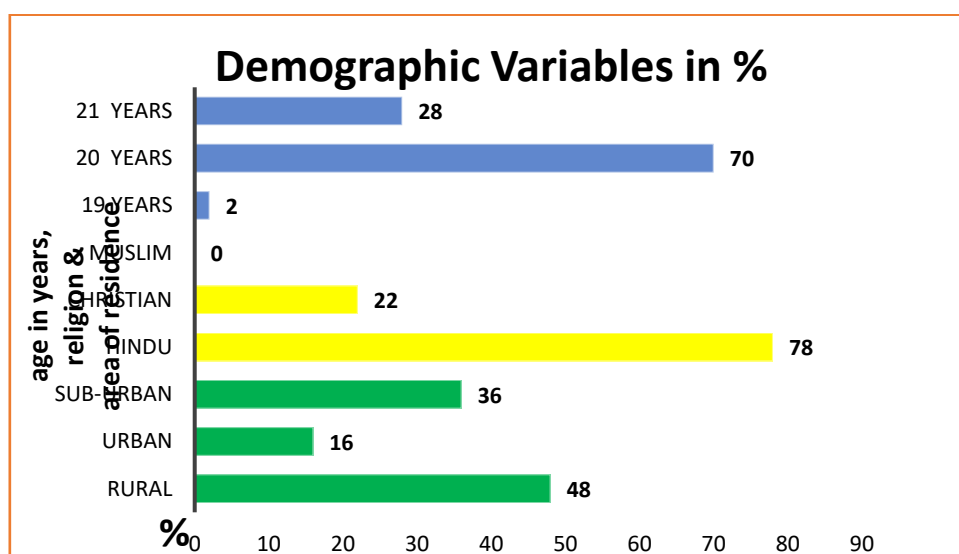


Fig-1, cluster column bar diagram shows the demographic variables like Age in Years, Religion & Area of residence in percentage distribution of 50 nursing students.

3.2 Psychological impact on 50 nursing students during COVID- 19 pandemic:

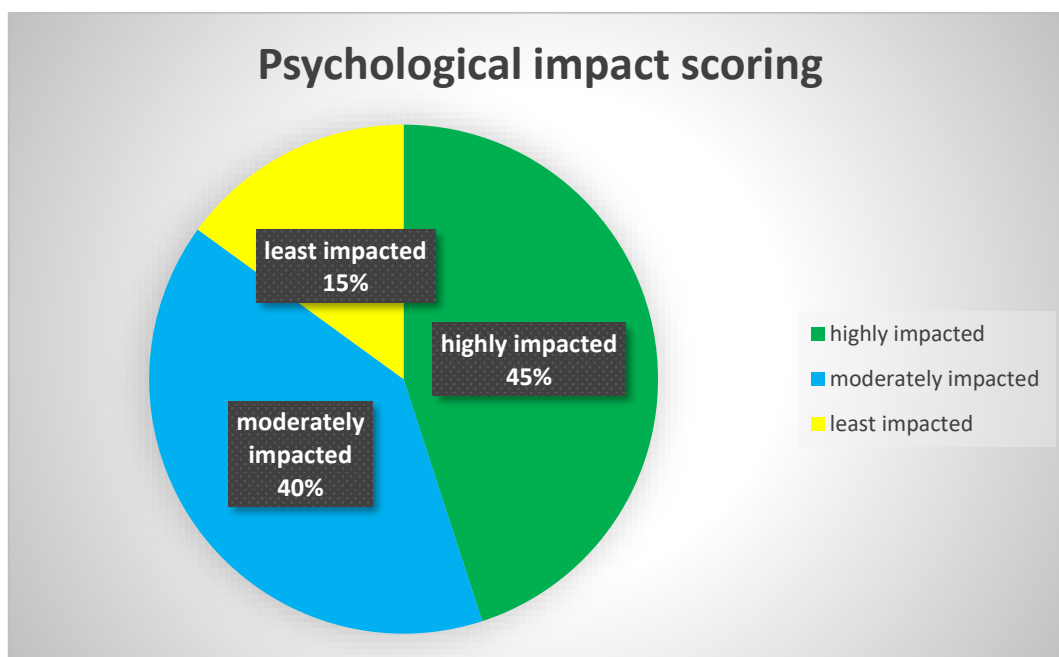


Fig-2 pie diagram shows the overall psychological impact on 50 nursing students during COVID- 19 pandemic

3.3 Association of psychological impact on 50 nursing students during COVID- 19 pandemic with their demographic variable

There is significant association between all the demographic variables which includes Age in years, Religion & Area of residence with the psychological impact of covid-19 pandemic among nursing students.

IV-CONCLUSION

The study was conducted to assess the psychological impact of covid-19 pandemic among young adults in selected college of nursing, Trichy. The findings of the research project revealed that, majority of nursing students (70 %) belong to 20 years of age, (78 %) belongs to the religion Hindu and (48 %) rural area of residence. The 40% of the nursing students felt stressed due to covid 19 pandemic sometimes, 36 % felt sometimes irritated during lockdown, 34 % felt fairly often feared about your future after lockdown, 38 % fairly often experienced any stressful life events which create a great impact on your life, 40 % sometimes felt alone in lockdown, 40 % sometimes worried about corona virus outbreak, 38 % very often felt that your academic performance is

decrease after the impact of covid 19, 38 % fairly often felt that getting jobs after the lockdown is difficult, 38 % fairly often felt a great academic work load due to online classes, 38 % fairly often felt that a good opportunity in life was missed because of covid 19, 38 % fairly often ever felt that your physical activity is decreased after lockdown, 38 % fairly often experienced a change in your daily activities, 38 % sometimes able to focused or concentrate on your goals well during the lockdown, 40 % sometimes felt that you are being infected with the virus, 52 % fairly often felt worthless in the lockdown, 34 % very often think that when we are going to return back to normal life, 38 % sometimes worried on seeing covid 19 news noticed in social media, 34 % fairly often felt this pandemic created a negative impact in everyone's life, 36 % sometimes been prepared now to face similar situation in future, 46 % sometimes felt that no one is there let you out from this situation, 34 % very often been worried that your family members will be infected with corona virus, 46 % fairly often felt hopeful that vaccine will be a cure for covid 19, 34 % sometimes ever thought that if they lost their life because of Covid infection what will happen, 46 %

sometimes thought that your time with other people changed compared to how you acted before the covid 19 outbreak, 40 % very often felt stressful to maintain social distancing, 36 % fairly often felt that meeting friends and relatives only through gadgets was not satisfied, 44 % fairly often felt that your economy become poor after the pandemic, 42 % fairly often been not being able to afford or access food and materials during lockdown, 40 % fairly often worried about access to transport resources such as transportation or housing due to covid 19 outbreak and 56 % very often felt that countries economy is decreased due to covid outbreak. The overall scoring of psychological impact shows 45% are highly impacted, 40% moderately and 15% least impact during COVID-19. The association psychological impact of covid-19 pandemic among nursing students and there is significant association between all the demographic variables which includes Age in years, Religion & Area of residence with the psychological impact of covid-19 pandemic among nursing students. Thus, the investigator was able to assess the psychological impact of covid-19 pandemic among young adults in selected college of nursing, Trichy.

V-IMPLICATIONS FOR NURSING

The findings of the study are implication in nursing service, nursing administration and nursing research

Nursing Service

Since the nursing students are the first source of knowledge, they need to be sound knowledge on covid-19 pandemic and must have positive attitude in overcoming the pandemic situation.

The nursing professionals who are working in all hospitals and clinical settings for further reinforcing their practice in overcoming the pandemic situation and handling optimistic.

Nurses in all setting should provide the basic education programme on in overcoming the pandemic situation and handling optimistic.

Nursing Education

Nurses and nursing students should educate themselves and others regarding covid-19 pandemic and its impact over human factors Nurse educator should motivate the student nurses to prepare the informative health education modules relation to covid-19 pandemic and its impact

Nursing Administration

Nurse administrator can organize an in-service program regarding covid-19 pandemic and its impact in various health sector or agencies.

Nurse administrator can provide adequate information materials at all center levels as a part of teaching programs.

Nursing Research

The findings of the study help to extend the information on covid-19 pandemic and its impact upon future research projects.

The nurse researcher can adopt various health education methods to conduct research in relation covid-19 pandemic and its impact

The study may be issued for further reference.

Further large-scale study can be done in different settings

VI-RECOMMENDATIONS

Based on the present study in view, the following recommendations were made,

A comparative study can be made on younger adults and older adults

A self-instructional module in local languages can be prepared for educating the family members and general public

The research study can be conducted on a large sample at different settings.

Declaration by Authors

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