

# Anxiety of High School Students Preparing for University during the COVID-19 Pandemic

Prapattra Hongwisat<sup>a</sup>, Thanawat Wuthikanokkan<sup>a</sup>, Nathakan Preechakansakul<sup>a</sup>,  
Nanont Kaewpichit<sup>a</sup>

<sup>a</sup>Sarasas Witaed Saimai School, Bangkok, 10220, Thailand

Corresponding Author: Thanawat Wuthikanokkan

## ABSTRACT

Covid-19 are one of the viruses that were widely spreaded in 2019 and are still separate until nowadays. Thailand is one of the countries that are highly infected. The majority of people who are infected with this virus tend to have mild to severe respiratory symptoms. Furthermore, anyone can get sick, and it can lead to death. However, the most common symptoms of this virus are fever, cough, tiredness, and loss of taste or smell, on the other hand, characteristics in a minority of people, such as diarrhea and headaches. Due to the impact of the Covid-19 virus, people have to change their lifestyle to the online form. These changes have impacted mostly on economics and education in particular countries, so this problem also affects anxiety among high school students; who must prepare to apply to the university during the COVID-19 outbreak. In addition, we have collected 151 answers from high school students by surveying in order to know the feelings for entrance to the university during the pandemic situation. We found out that 81.3% of the students are highly affected by covid, and only 0.7% of students are slightly affected. We also found out that 55% of the students are worried about university entrance, and only 2.6% of the students were not worried at all. According to the result, most of the students in Thailand are facing the problem about their education and their entrance for the university which are caused by Covid-19. This may lead to illnesses like depression and anxiety.

**Keywords:** Students, Learning, COVID-19, Thailand, University

## INTRODUCTION

In the current situation, Thailand has been continuously facing the pandemic of Coronavirus or as known as COVID-19. The majority of people infected with this virus tend to have mild to respiratory symptoms. Furthermore, anyone can get sick, and it can lead to death. However, the most common symptoms of this virus are fever, cough, tiredness, and loss of taste or smell; on the other hand, characteristics in a minority of people, such as diarrhea and headaches.

In addition, the pandemic of the COVID-19 virus has a broad impact on the economy and psychological effects. According to government regulations, all people in Thailand have adapted, known as the new normal, to reduce the rate of infection of this virus. Including modifying the learning style to come in the form of online instead of going to school. In order to reduce the problem of spreading germs among students and teachers.

The new standard section that affects all Thai people has to change their lifestyle to the online form. This problem also affects anxiety among high school students; who must prepare to apply to the university during the COVID-19 outbreak. In addition, this research collected the answers of 151 high school students by the survey. In order to know the feelings for entrance to the university during the pandemic situation.

## METHODOLOGY

This study will look at information from a specific set of upper secondary students. Because it is a phase of transition in one's life that influences one's future educational and employment prospects. As a result, it is a useful database to research at this time. Anxiety, stress, shyness, and the need to adjust to the situation were all present. Covid-19 pandemic world is well prepared for additional research and can also perceive the issues clearly. How much of an effect we'll utilize the data from the responses to the questions to create a report. A total of 151 high school students attended the event, which was separated into two halves, to study the findings on the theme "Anxiety of High School Students and Preparing for University during the COVID-19 Pandemic." main Take a look at the information provided by the respondents who have completed the survey. What level are you studying at, and what is your study plan? What is the point of further research? The question's first part will be rated. They'll inquire how much of an impact COVID-19 has had on Thai education and how well you're prepared for additional courses. How concerned are you about preparing for more studies, and how apprehensive are you about preparing for more studies? There are a total of five levels. Is there going to be a question in the second part? Are you influenced by COVID-19's online learning? Does the problem you're having have an impact on your university admissions chances, and does studying online have an impact on your GPA?

## RESULT

From the questionnaire "Anxiety of High School Students and Preparing for University" During the COVID-19 Pandemic." Total 151 respondents, divided into grades in descending order, Grade 12 55 students, Grade 11 31 students and Grade 10 65 students. It can be seen that Grade 10 students have the highest number of survey respondents. In some schools, there is a

division of study plan, which is divided according to preferences and chosen according to the faculty that will enter the university. Divided into Science-Mathematics 94 students, Art-Calculation 33 students, and Arts-Language 24 students.

Grade	Frequently	Percentage
Grade 10	55	36.4 %
Grade 11	31	20.5 %
Grade 12	65	43 %

The goal of further education of all 151 students, 113 choose to study at Government universities, which accounted for 74.8% of the survey participants, which was the largest number. 44 students chose to study at private universities accounted for 29.1% and 49 students chose to study abroad or accounted for 32.5%

Choice	Frequently	Percentage
Government university	113	74.8 %
Private university	44	29.1 %
Study abroad	49	32.5 %

**Table 1: How much do you think COVID-19 has impacted on the Thai education system?**

Choice	Frequently	Percentage
Affect the most	122	81.3
very effective	25	16.7
moderate effect	2	1.3
slight effect	1	0.7
Does not affect	0	0

From the first question, "How much do you think COVID-19 has impacted on the Thai education system?" Knowing that 122 students from 151 answered that COVID-19 affect the most to the Thai education system or accounted for 81.3% of the survey participants, followed by 25 people who chose COVID-19 very effective to the Thai education system, representing 16.7% of the survey participants. 2 of whom answered COVID-19 moderate effect the Thai education system, accounted for 1.3%, and one person replied that it had a slight effect, accounting for 0.7%. and no one answered that does not affect.

**Table 2: How prepared are you to prepare for further studies?**

Choice	Frequently	Percentage
most ready	10	6.6
very ready	20	13.2
moderately ready	61	40.4
slightly ready	46	30.5
Not ready	14	9.3

In the second question “How prepared are you to prepare for further studies?” From the 151 students, 10 said they were most ready (6.6%), 20 said they were very ready (13.2%), and 61 said they were moderately ready, which was the largest number in the questionnaire, accurate for 40.4% of the total survey participants. 46 answered slightly ready, representing 30.5%. and 14 people answered not ready representing 9.3%

**Table 3: How worried are you about preparing for further studies?**

Choice	Frequently	Percentage
5	83	55
4	32	21.2
3	24	15.9
2	8	5.3
1	4	2.6

In the third question, “How worried are you about preparing for further studies?” From the 151 participants, 83 answered that they were most worried, representing 55% of all students who took the questionnaire. 32 said they were very worried (21.1%), 24 answered moderately worried (15.9%), 8 said they were slightly worried (5.3%), and four said they were slightly worried (2.6%).

**Table 4: Have you been impacted by online learning during COVID-19?**

Choice	Frequently	Percentage
Affected	149	98.7
Not affected	2	47.2

From the fourth question, "Have you been impacted by online learning during COVID-19?" A total of 149 students were affected, which calculated as a percentage was as high as 98.7% of the participants and only 2 students (1.8%) said they were not affected. Based on research by Prapattra Hongwisat: 9 September 2021 “How Does COVID -19 Affect Thai Students?” The most prominent effect on students is their misunderstanding of the lesson. These are also caused by various environmental factors, such as the unfavorable surroundings for learning and the unstable online learning system, have health problems such as sitting at the computer for too long, causing headaches, eye strain and

muscle pain. In addition, some students also commented that having too much workload is another cause of stress

**Table 5: Did the problem you get affect your university admissions?**

Choice	Frequently	Percentage
Affected	137	90.7
Not Affected	14	9.3

From the fifth question, “Did the problem you get affect your university admissions?” There were 137 students who got affected, representing 90.7% of the test participants, and 14 students (9.3%) said they were not affected.

**Table 6: Does online learning affect your GPA?**

Choice	Frequently	Percentage
Affected	129	85.4
Not Affected	22	14.6

In the sixth question, “Does online learning affect your GPA?” there were 129 students answered effective (85.4%), and 22 students answered no (14.6 %)

Based on research by Prapattra Hongwisat: 9 September 2021 How Does COVID -19 Affect Thai Students? Problems that related to the teaching system during the Covid 19 era, both in terms of problems such as internet problems that have an impact on learning causing them to not be able to study effectively enough affecting the score received, making the score being unsatisfactory which is another factor that can lead to stress.

## DISCUSSION

A research study of 151 high school students revealed the concerns and readiness of Thai students to prepare for university studies. The goals the students choose to study and based on the survey results was found that most of the students had stress and anxiety about going to university, it was also found that most of them were less readily available for the further education due to many factors and also counting the impact of online learning during COVID-19 pandemic whether it was physical or mental health. This is because of the misunderstanding of the lessons and the

problem of heavy workloads that causes students to not have enough time to prepare for university. These affect the grade point average of students and result in scores not being as expected and causing stress. At this point, this can be solved by managing the workload without affecting the time of the students, and there should be help from both the public and private sectors in adjusting the teaching style to suit the students to reduce problems arising from stress and other health problems as mentioned.

## CONCLUSION

Of the 151 high school students using a questionnaire survey, the majority of students are anxious about further education at college. This was caused by many problems, including unresponsive grades, spending time on heavy workloads instead of preparing for university. These incidents are caused by the problem of the spread of Covid 19 that lead to many changes in the

education system, and all of this can be the result of stress and other diseases that follow. Therefore, there should be a solution from both the public and private sectors regarding the scoring model that does not fit the situation and workload which have taken up most of the time.

**Conflict of Interest:** None

## REFERENCES

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