



# An Analysis on Student's Online Study and Mental Stress in Pandemic of COVID-19

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**ABSTRACT:** As we all know that the lockdown has been announced in the country because of COVID-19 pandemic and that may cause students for their study. there for most of the schools and institutes have to move towards the online classes which had affected student's life and their views about E-learning. This study aim to focus on student's mental condition and also the stress in their mind.

**KEYWORDS:** e-learning, motivation, web-based education.

## I. INTRODUCTION

The major objective was to examine the effect of COVID-19 on the student's mental health. In this paper, we are examining that how the e-learning helps students in this pandemic of COVID-19. For college students, heightened levels of psychological distress and downstream negative academic consequences are prevalent under normal circumstances. As a result of physical distancing measures implemented in response to COVID-19, tertiary education institutions have shifted to an emergency online learning format, which would be expected to further exacerbate academic stressors for students. In this research we are examining the level of stress that students are facing during this time of COVID-19.

## II. LITERATURE REVIEW

In [1] Author found COVID-19 problem was raised in late December 2019 in Wuhan and Hubei provinces in China. In February 2020, the World Health Organization designated the disease COVID-19, which stands for coronavirus disease in 2019. it had been mentioned as 2019-nCoV. In [2] author found that, In this COVID-19 period most of the schools and colleges across the world has been shut. Globally, over 1.2 billion children are out of the classrooms. As a result, education has changed dramatically, with the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms. Research suggests that online learning has been shown to increase retention of information and take less time, meaning the changes coronavirus have caused might be here to stay. while countries are at different points in their COVID-19 infection rates, worldwide there are currently more than 1.2 billion children in 186 countries affected by school closures due to the pandemic. Even before COVID-19, there was already high growth and adoption in education technology. In [4] author found that, we need to count on classical communal health measures to curb the epidemic. The primary goal of such public health measures is to prevent the person-to-person spread of disease by separating people to interrupt transmission. The tools we have are isolation and quarantine, social distancing and community containment/Lockdown. In [3] author found that 'Social distancing' is intended to reduce interactions between people in a broader community, in which individuals may be infectious but have not yet been identified hence not isolated. In [6] author found that Severe acute respiratory syndrome (SARS) was imported into Singapore in late February 2003 by a local resident who returned from a holiday in Hong Kong and started an outbreak in the hospital where she was admitted on 1 March 2003. The disease subsequently spread to 4 other healthcare institutions and a vegetable wholesale centre. During the period between March and May 2003, 238 probable SARS cases, including 8 imported cases and 33 deaths, were reported. Transmission within the healthcare and household settings accounted for more than 90% of the cases. In [7] author found that Students from all the three fields studied were exposed to stress. Academic factors were one of the most important stressors. The introduction of stress management education into the curriculum could prove useful in combating this problem. In [8] author found that Due to lockdown none of the education bodies got a proper time to maintain the system of online classes and students were also not prepared to take online classes this result creating stress in students.



### III. METHODOLOGY

Google Forms is a tool that lets collecting data from users via a personalized survey or quiz. The information is then collected and automatically associated with a spreadsheet. The spreadsheet is populated with the survey and quiz answers. The Forms service has undertaken several updates over the years. Google forms were made with the question of stress assessment questionnaires. Google forms were sent to 150 students of different schools/universities/institutions and were asked to fill the forms. The consent was also taken from the students to use their data in the study with the help of questions the google forms.

For this We have create the Google form, in that google form we have added 5 different Question. All this question are related to the Online Education and also related to find their mental condition in this pandemic of COVID-19. And also we are going to test that the students have facing stress of Online Study and threat of COVID-19 pandemic.

Following is the table of Questions on which we have created the Google Form.

Question	Possible Answer
Q1- Will you feel Stress in this Lock-Down Weeks?	Never, Occasionally, Sometimes, Often, Always
Q2- Will you have stress of Study in this Lock-Down Weeks?	Yes, No, Sometimes
Q3- Now What is Your Choice of Attending Online/Offline Classes?	Online, Offline
Q4- Will you Satisfied of attending Online Classes?	Yes, No, Maybe
Q5- Do you feel Stress due to COVID-19 threat and Online Classes?	Yes, No, Maybe

### IV. RESULT

On the analysis of the data, we found that 23.9% of students have felt stressed sometime in the week 13.5% of students felt stressed Often in the week and 9.7% of students are always stress due to the threat of coronavirus. Overall, 52.9% of students are stressed in this condition of threat 50.2% of students are stressed about their studies. 71.6% students are not comfortable with online classes. All the data in the result was collected in the google forms and google database. With the help of the google form result analysis system, the results were calculated.

Fig.1-Showing the stress in students during lockdown week. In this we found that 23.9% of students were having stress sometime during the week, 13.5% of students were having stress often during the week, 19.4% of student have occasionally stress during lockdown week, 9.7% of students are always in stress during the lockdown week and 33.5% was not having any stress during lockdown week. Fig.2-Showing the stress in students during lockdown week for their study. In this we found that 31% of students were having stress for their study during the lockdown week, 18.7% of students were having stress sometime during the lockdown week for their study, 50.3% of students were not having any stress during lockdown week for their study. Fig.3-Showing the student's choice of attending either online/offline classes. In this, we found that 28.4% of students want to have offline classes whereas 71.6% are willing to take online classes. Fig.4-Showing the satisfaction of students while attending online classes. In this we found that 63.9% of students are satisfied with online classes, 15.5% of students have are not sure about their satisfaction with online classes and 20.6% of students are not satisfied with online classes. Fig.5-Showing overall stress in students due to the threat of COVID-19 and taking online classes due to lockdown. In this we found that 29.7% have stress, 17.4 % are not sure about their stress level and 52.9% are not having any type of stress.

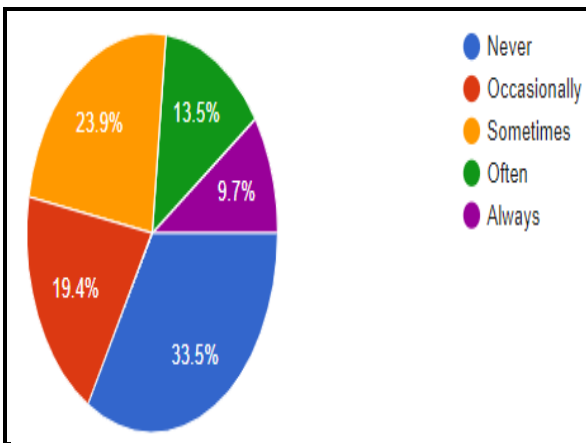


Fig.1. The stress in students during lockdown week

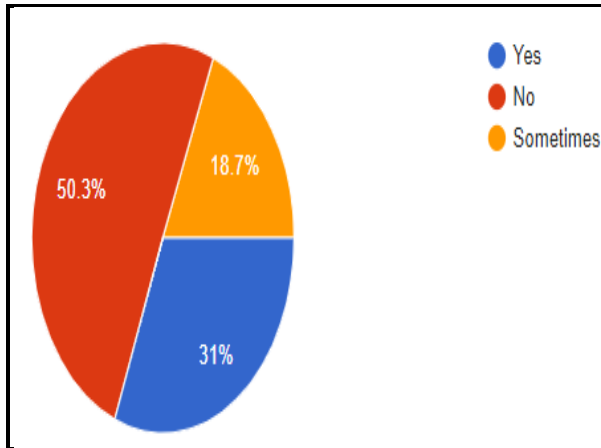


Fig. 2. Stress in Students for Study

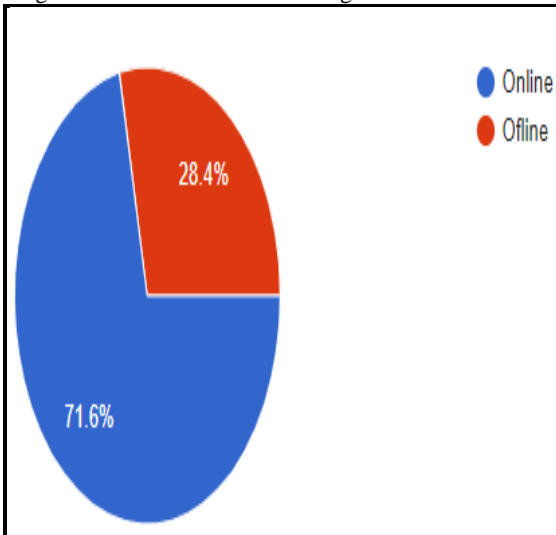


Fig. 3. The student's choice of attending Class

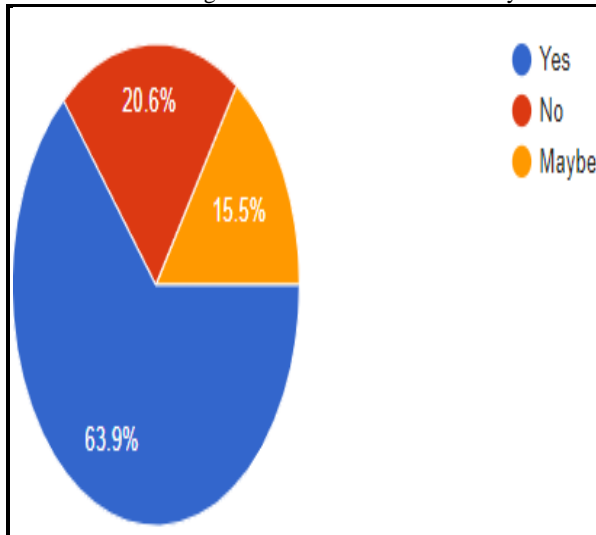


Fig 4. The satisfaction of students in Online Classes

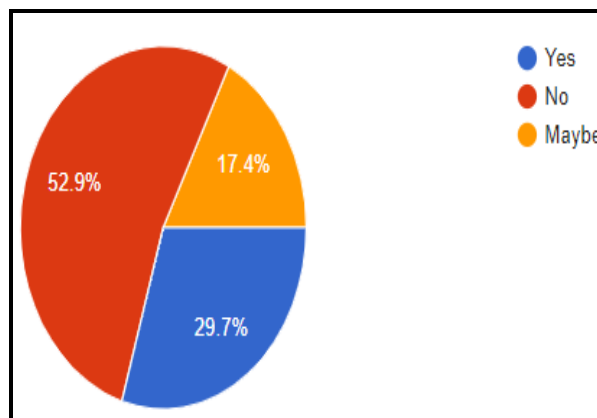


Fig. 5. Overall stress in students

### V. CONCLUSION AND FUTURE WORK

In this paper, we have come up to the conclusion that most of the students prefers online education at this pandemic of COVID-19. This online education also helps the students to overcomes from the Mental Stress in this period of time.



we found that in this lockdown period of time students were satisfied from the online study that had help them in their mental strength too.

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