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### A study on stress, anxiety and depression related to COVID-19 in adolescents of Jodhpur city

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#### Abstract

This research paper is an attempt to examine the stress, anxiety and depression related to COVID-19 in adolescents of Jodhpur city. Total 300 (150 boys and 150 girls) subjects were selected purposively from Jodhpur city. Both girls and boys were randomly selected with age ranged between 10 to 15 years. Data was collected by using DASS-21 questionnaire developed by Lovibond, P.F.; Lovibond, S.H. (1995). Findings show that highest level of depression, anxiety and stress were found in boys above 17 years and girls between 15-17 years.

**Keywords:** Stress, anxiety, depression, COVID-19, adolescents and Jodhpur

#### Introduction

Coronavirus disease was found initially in Wuhan, Hubei Province, China, on December 31, 2019. The novel coronavirus disease 2019 (COVID-19) which was declared a public health emergency of international concern by the World Health Organization (WHO), swept across 210 countries and territories with over 5.2 million cases and 337,736 deaths reported as of May 24, 2020. COVID-19 is a highly contagious viral illness caused by severe acute respiratory syndrome SARC-CoV-2. It has emerged as the most consequential global health crisis since the era of the influenza pandemic of 1918.

The transmission of COVID-19 cases in India started to upsurge in the second week of March 2020. Therefore, to prevent community spread of the infection, as in other countries, the Government announced a complete lockdown from March 25, 2020, restricting the movement of the entire population of 1.38 billion people in India; this lockdown was initially intended to last 21 days but was extended to May 31, 2020, with conditional relaxation from May 3, 2020. China and many other countries closed their schools and relocated their classes online in response to the Covid-19 outbreak. Covid-19 has impacted the lives of people all around the world including children and adolescents in an unprecedented manner. Throughout the world, an essential modus of prevention from Covid-19 infection has been isolation and social distancing strategies to protect from the risk of infection. Mental health disorders are always a topic of concern among adolescents and youth, and their incidence has been increasing significantly worldwide. In lockdowns, public spaces are closed, movements outside homes are restricted and major roads of transport might be closed, all of which might negatively affect the life of people. Lockdowns and disease containment events might also be deleterious to the mental health of people experiencing starvation and homelessness, many of whom have fears around involuntary hospitalization and incarceration. According to a World Health Organization (WHO) report published in 2008, one in every five had experienced mental health disorders in the past years. However, the COVID-19 pandemic triggered an even more rapid upsurge in mental disorders among adults.

During this pandemic phase psycho-physical health of the students across the country was gravely affected due to isolation, uncertainty, abrupt transitions and students were prone to have feelings of stress and anxiety. Under such circumstances ignorance of the coping strategies and low level of approach towards the life are also one of the contributing factors of distress. Depression is a common psychiatric disorder that presents with depressed mood, loss of interest or pleasure, feeling of guilt or low-self-worth, disturbed sleep or appetite, low energy and poor concentration.

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Depression, anxiety and stress affect many adolescents and often go by unnoticed and untreated. These states silently affect their academic performance, family lives and rob them of their self-image.

**Objective**

- To study the influence of Age and Gender on Stress, Anxiety and Depression related to COVID-19 in Adolescents of Jodhpur City.

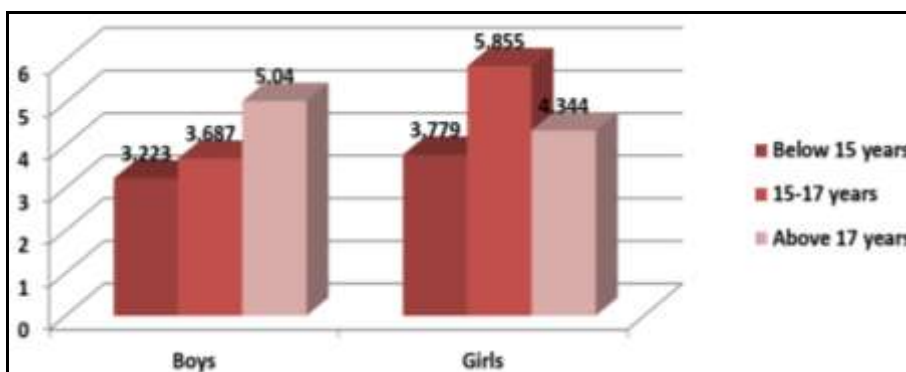
**Methodology**

- Research design:** For this study, the researcher employed descriptive research which involves survey and fact finding enquiries of different kinds.
- Locale of the study:** The present study was conducted in the schools of the Jodhpur city (Rajasthan).
- Sample size:** Total 300 (150 boys and 150 girls) subjects were selected purposively from Jodhpur city. Both girls and boys were randomly selected with age ranged between 10 to 15 years.
- Tool/Questionnaire:** DASS-21 questionnaire is developed by Lovibond, P.F.; Lovibond, S.H. (1995)

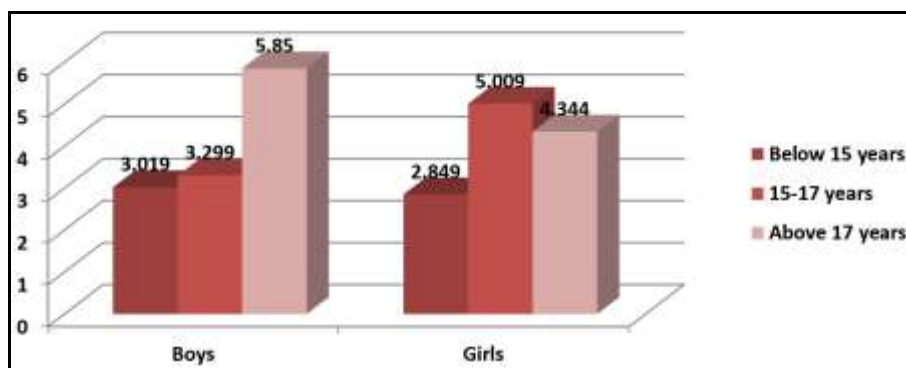
**Results**

**Table 1:** Descriptive statistics for depression, stress & anxiety irrespective of age and gender

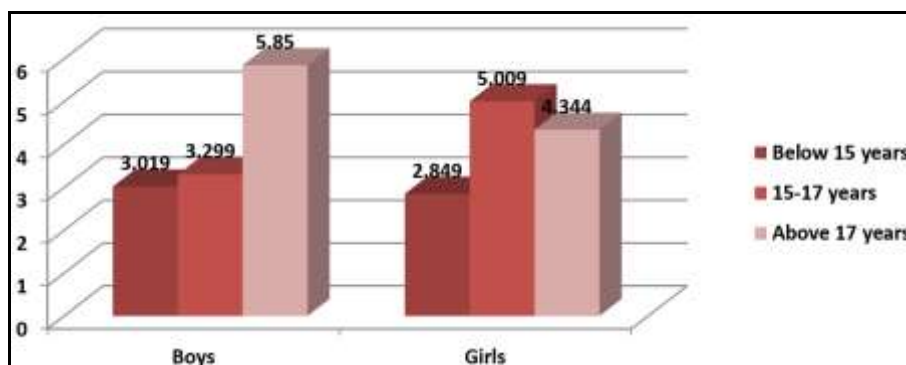
| Gender     |       | Age Group      | N  | Mean  | Std. deviation |
|------------|-------|----------------|----|-------|----------------|
| Depression | Boys  | Below 15 years | 50 | 3.223 | 2.567          |
|            |       | 15-17 years    | 50 | 3.687 | 2.910          |
|            |       | Above 17 years | 50 | 5.040 | 3.601          |
|            | Girls | Below 15 years | 50 | 3.779 | 2.756          |
|            |       | 15-17 years    | 50 | 5.855 | 3.056          |
|            |       | Above 17 years | 50 | 4.344 | 2.210          |
| Anxiety    | Boys  | Below 15 years | 50 | 3.019 | 3.012          |
|            |       | 15-17 years    | 50 | 3.299 | 2.256          |
|            |       | Above 17 years | 50 | 5.850 | 2.564          |
|            | Girls | Below 15 years | 50 | 2.849 | 2.210          |
|            |       | 15-17 years    | 50 | 5.009 | 3.145          |
|            |       | Above 17 years | 50 | 4.945 | 2.689          |
| Stress     | Boys  | Below 15 years | 50 | 4.333 | 3.073          |
|            |       | 15-17 years    | 50 | 4.220 | 2.633          |
|            |       | Above 17 years | 50 | 6.340 | 3.823          |
|            | Girls | Below 15 years | 50 | 4.612 | 3.254          |
|            |       | 15-17 years    | 50 | 7.109 | 3.245          |
|            |       | Above 17 years | 50 | 5.934 | 2.722          |



**Fig 1:** Shows of depression of boys and girls of different age groups



**Fig 2:** Shows of anxiety of boys and girls of different age groups



**Fig 3:** Shows of stress of boys and girls of different age groups

Table-1 depicted that depression was highest in girls in age groups between 15-17 years and lowest in boys below 15 years age group. Anxiety was highest in boys above 17 years age group. Lowest level of anxiety was seen in girls of age

group below 15 years. Stress was highest in girls between 15-17 years age group whereas lowest was in boys in age group between 15-17 years. The same can be seen in figure-1, 2 & 3.

**Table 2:** Pairwise comparisons for boys irrespective of age groups

| Dependent variable |                |                     | Mean difference (I-J) | Std. Error | p-value |
|--------------------|----------------|---------------------|-----------------------|------------|---------|
| Depression         | Below 15 years | 15-17 years         | -.453                 | .355       | .609    |
|                    |                | Above 17 years      | -1.807                | .355       | .000*   |
|                    | 15-17 years    | Below 15 years      | .453                  | .355       | .609    |
|                    |                | Above 17 years      | -1.353                | .355       | .000*   |
| Anxiety            | Below 15 years | 15-17 years         | 1.807                 | .355       | .000*   |
|                    |                | Between 15-17 years | 1.353                 | .355       | .000*   |
|                    | 15-17 years    | Below 15 years      | 2.833*                | .338       | .487    |
|                    |                | Above 17 years      | 2.360                 | .338       | .000*   |
| Stress             | Below 15 years | 15-17 years         | -.473                 | .338       | .000*   |
|                    |                | Above 17 years      | -2.360                | .338       | .000*   |
|                    | 15-17 years    | Below 15 years      | .113                  | .338       | .000*   |
|                    |                | 15-17 years         | -2.007*               | .338       | .000*   |
| Stress             | Below 15 years | 15-17 years         | -.113                 | .372       | 1.000   |
|                    |                | Above 17 years      | -2.007*               | .372       | .000*   |
|                    | 15-17 years    | Below 15 years      | -.113                 | .372       | 1.000   |
|                    |                | Above 17 years      | -2.120                | .372       | .000*   |
| Stress             | Above 17 years | Below 15 years      | 2.007                 | .372       | .000*   |
|                    |                | 15-17 years         | 2.120                 | .372       | .000*   |

Significant at 0.05 level

Table-2 shows that for means scores of Depressions were statistically significantly different between below 15 years and above 17 years (p= .000) and between 15-17 years and above 17 years (p= .000) which is less than 0.05 but not significantly different between below 15 years and between 15-17 years (p= .609) which is more than 0.05.

Also mean scores of anxiety were statistically significant different between below 15 years and above 17 years (p= .000) and between 15-17 years and above 17 years (p= .000) which is less than 0.05 but not significantly different between below 15 years and between 15-17 years (p= .487) which is more than 0.05.

Also mean scores of stress were statistically significantly different between below 15 years and above 17 years (p= .000) and between 15-17 years and above years (p= .000) which is less than 0.05 but not significantly different between below 15 years and between 15-17 years (p= 1.000) which is more than 0.05.

**Table 3:** Pairwise comparisons for girls irrespective of age groups

| Dependent variable |                |                     | Mean difference (I-J) | Std. error | p-value |
|--------------------|----------------|---------------------|-----------------------|------------|---------|
| Depression         | Below 15 years | 15-17 years         | -1.993                | .312       | .000*   |
|                    |                | Above 17 years      | -.480                 | .312       | .375    |
|                    | 15-17 years    | Below 15 years      | 1.993                 | .312       | .000*   |
|                    |                | Above 17 years      | 1.513                 | .312       | .000*   |
| Anxiety            | Below 15 years | 15-17 years         | .480                  | .312       | .375    |
|                    |                | Between 15-17 years | -1.513                | .312       | .000*   |
|                    | 15-17 years    | Below 15 years      | -2.133                | .315       | .000*   |
|                    |                | Above 17 years      | -2.073                | .315       | .000*   |
| Stress             | Below 15 years | 15-17 years         | 2.133                 | .315       | .000*   |
|                    |                | Above 17 years      | .060                  | .315       | 1.000   |
|                    | 15-17 years    | Below 15 years      | 2.073                 | .315       | .000*   |
|                    |                | 15-17 years         | -.060                 | .315       | 1.000   |
| Stress             | Below 15 years | 15-17 years         | -2.507                | .372       | .000*   |
|                    |                | Above 17 years      | -1.327                | .372       | .001*   |
|                    | 15-17 years    | Below 15 years      | 2.507                 | .372       | .000*   |
|                    |                | Above 17 years      | 1.180                 | .372       | .005*   |
| Stress             | Above 17 years | Below 15 years      | 1.327                 | .372       | .001*   |
|                    |                | 15-17 years         | -1.180                | .372       | .005*   |

Significant at 0.05 level

Table-3 shows that mean scores of depression were statistically significantly different between below 15 years and between 15-17 years (p= .000) and between 15-17 years and above 17 years (p= .000) which is less than 0.05 but not significantly different between below 15 years and above 17 years (p=.375) which is more than 0.05.

Also means scores of anxiety were statistically significantly different between the categories below 15 years and above 17 years (p=.000) and between 15-17 years and below 15 years (p=.000) which is less than 0.05 but not significantly different between 15-17 years and above 17 years (p= 1.000) which is more than 0.05.

Also mean scores of stress were statistically significantly different between below 15 years and above 17 years (p= .001) between 15-17 years and above 17 years (p= .005) and below 15 years and between 15-17 years (p= .000) which is less than 0.05.

**Conclusion**

- Highest level of depression was noticed in girls aged between 15-17 years and boys above 17 years.
- Highest level of anxiety was seen in boys above 17 years and girls between 15-17 years.
- Stress was highest in girls between 15-17 years and boys above 17 years.

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