

Internal Quality Assurance Cell (IQAC)

Conference Proceedings

National Virtual Conference on New Education Policy: A Quality Enhancer for Inculcation of Human Values in Higher Education Institutions

Date : 8, 9 and 10th June 2021

ISBN : 978-93-85434-86-0



Academy of Maritime Education and Training (AMET)

(Deemed to be University)

#135, East Coast Road, Kanathur, Chennai - 603 112

Tamil Nadu, India

Website : www.ametuniv.ac.in



AMET

ACADEMY OF MARITIME EDUCATION AND TRAINING

(Deemed to be University Under Section 3 of UGC Act 1956)

Internal Quality Assurance Cell (IQAC) Conference Proceedings

National Virtual Conference

on

**New Education Policy: A Quality Enhancer for
Inculcation of Human Values in Higher
Education Institutions**

Date : 8, 9 and 10th June 2021

ISBN : 978-93-85434-86-0



Academy of Maritime Education and Training (AMET)

(Deemed to be University)

#135, East Coast Road, Kanathur, Chennai, India

Website: www.ametuniv.ac.in

S.No	Paper Title and description	Page No
12	Opportunities and Challenges of Online Education S. Vimal Dolli	96
13	Quality Aspects of New National Education Policy 2020 Dr.I.Karthika ¹ , K.Sowmiya ² ,	101
14	NEP 2020: An effort to promote inclusive and equitable education Ms. CHETNA SURI*, Ms. POONAM PANDITA, Mr. SACHIN KUMAR	110
15	A Study on the effect of second wave of covid-19 on psychological well being of college students <i>V.Poornima</i>	115
16	An overview of different teaching methodology of mathematics from primary to secondary Education ¹ I.Paulraj Jayasimman, ² L.Patricia and ³ Dr,M.Rajavelan	120
17	Advantages and Disadvantages of online learning <i>Dr.A.Sameema</i>	125
18	Measuring Quality in blended learning MRS.S.V.SUNDARI	130
19	Quality aspects and challenges of New Education Policy 2020 R.Jayashree ^{1*} , Dr.S.Ramya ² , Dr.G.Nixon Samuel Vijayakumar ³	133
20	Issues and Challenges faced by Higher Education in India ¹ A. Nancy Pritha, ² R. Santhini Rajeswari	142
21	Indian Education System Blends Human values- A Birds View ¹ Dr.D.Arivazhagan, ² Mr.A.Kaushick	147
22	Impact of workplace stress and mental health Dr.S.Catherine Rex	155
23	Impact of new education policy in human value Dr S SRIDEVI, Dr S M CHITHRA	165
24	An overview of the New education policy 2020, It's impact on Higher education system and a study about public awareness and their feedback Sangeetha J	170
25	The Impact of National Education Policy 2020 on Indian Languages Dr. Deepak. T.	179
26	Teaching beyond classroom: Pros and Cons of online Education Dr.P.Subavathy ^{*1} and Dr.S.Mary Baptista Janet ²	186

A STUDY ON THE EFFECT OF SECOND WAVE OF COVID-19 ON PSYCHOLOGICAL WELL BEING OF COLLEGE STUDENTS

V.Poornima
Assistant Professor,
Department of Commerce with Banking and Insurance,
Nallamuthu Gounder Mahalingam College, Pollachi, Tamilnadu–India,
Email id: poornivenkaat@gmail.com.

INTRODUCTION:

Covid-19 pandemic started in 2019 due to corona virus outbreak, has brought tremendous changes in human life. It started during December 2019 in Wuhan Province, China and spread all over the world. It affected India during March 2020 and lockdown was imposed restricting movement of people. Normal life was disrupted. All segments of the population were severely affected by the spread of Covid-19; one of the most affected segments is education. Lock down due to Covid-19 forced education sector to move from physical learning environment to virtual/online learning in a matter of very few days. This shift from physical to virtual/online learning has definitely led to a lot of stress and anxiety problems among the school and college students. The Education sector quickly adopted the online class scenario but it took toll on the psychological well being of students. Many students particularly in India were not equipped with the required technology which was a major cause of stress. Indian colleges closed in March 2020 to reopen in February 2021 but due to the second wave of covid-19 the colleges again closed in the month of April 2021. Everything changed in a matter of two months and again the online class scenario emerged.

OBJECTIVE:

This study aims to find the effect of the second wave of Covid-19 on the psychological well being of college students by analyzing the stress level.

METHODOLOGY:

A structured questionnaire was used to collect data from a small sample of 40 college students. The data was collected through Google forms. Secondary data was collected from websites, journals and magazines. The period of study was May 2021, immediately after the closure of colleges due to the second wave of covid-19.

RESEARCH TOOLS:

Perceived stress scale PSS 4 was used to assess the stress level of college students. PSS is a widely used instrument to measure overall stress in the last month of the respondents. As the second wave started in the last month of May 2021 this scale was used. A 5-point Likert scale (ranging from 0 = “never” to 4 = “very often”) was used to grade the levels of perceived stress. The PSS score ranges from 0 to 16 with higher scores indicating higher levels of perceived stress.

ANALYSIS AND FINDINGS:

The study was conducted on students during the COVID-19 second wave outbreak to assess the psychological wellbeing during a pandemic situation, stress in particular. The analysis and findings are given below,

Fig1. Gender of respondents

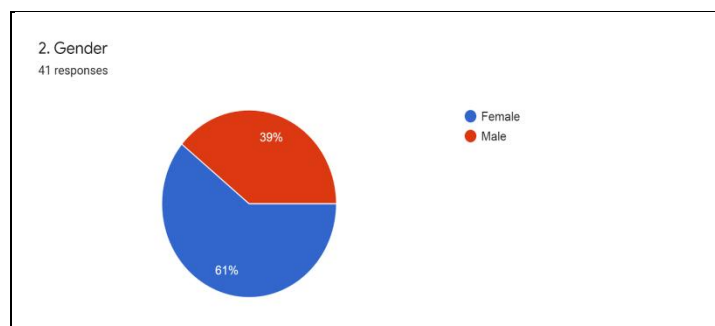


Fig 1. Represents the demographic details of participating college students. 61% are female and 39% are male.

Fig 2 Opinion on online classes

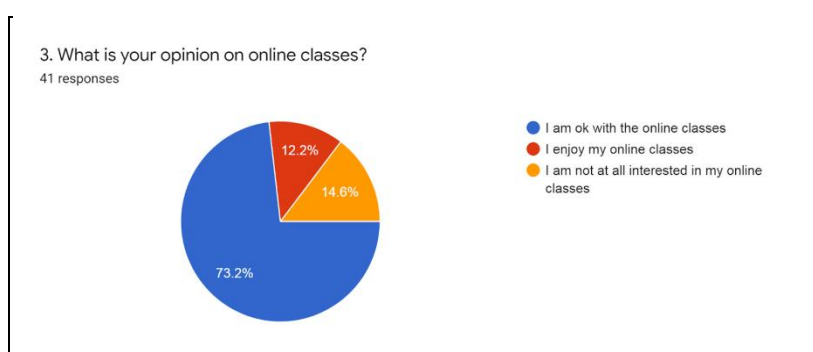


Fig 2. Shows the opinion of students on online classes. 73.2% are ok with online classes, 14.6% of the students are not interested in the online classes and only 12.2% enjoy online classes.

Fig 3 Own a device

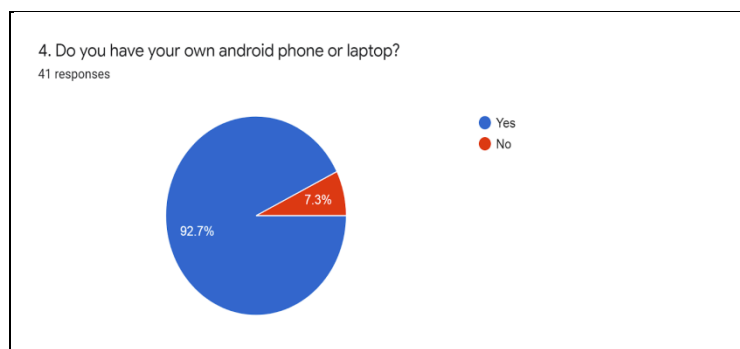


Fig 3. Represents the number of students with an android phone or laptop for attending their online classes. 92.7% have adequate technology to take up their online classes.

Fig 4 Perceived Stress scale (PSS-4)

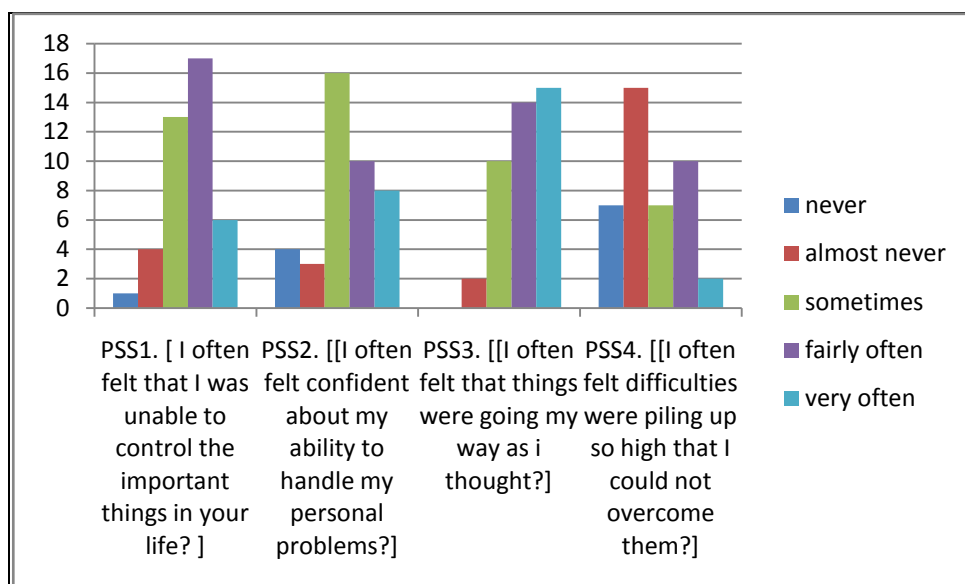


Fig 4. Shows the Perceived Stress Scale 4 (PSS-4) of the response given by students. The questions in this scale ask the students about their feelings and thoughts during the last month. The students answered to 4 questions on 5 point scale (ranging from 0 = “never” to 4 = “very often”). From this data the score of each student out of 16 was calculated. 0 to 8 was considered less stress and 9 to 16 as high stress. Based the scoring the following table was prepared.

Table 1 Stress level of students

Stress level of students	No of respondents	Percentage
High stress (score 9 to 16)	30	73%
Low stress (score 0 to 8)	11	27%
Total	41	100

Table 1 shows that 73 % of students scored around a total score of 9 to 16 in the Perceived Stress Scale 4 (PSS-4) which means they are highly stressed and 27% of students were less stressed with a total score ranging between 0 to 8.

Table 2 Relationship between Stress level and Opinion on Online Classes

Stress level	No of students	Opinion on online classes	No of students
High stress (score 9 to 16)	30	Not interested in online classes	5
		Ok with online classes	25
Low stress (score 0 to 8)	11	Enjoy online classes	6
		Ok with online classes	7
Total	41	Total	41

Table 2 shows the students who were not interested in online classes and who were ok with online classes had high stress whereas students who enjoyed online classes were less stressed.

CONCLUSION:

The student’s psychological wellbeing is determined on the basis of their stress level in any given situation. This pandemic has a negative impact on the college students. College students are stressed due to online classes, fear of future due to uncertain placement opportunities, home isolation and financial insecurities in the family. The student’s psychological wellbeing must be ensured by taking steps to reduce their stress levels by providing proper guidance and counseling. The education sector will definitely come out of these uncertain times.

REFERENCE:

1. Bijoy Chhetri, Lalit M. Goyal, Mamta Mittal, Gopi Battineni, *Estimating The Prevalence Of Stress Among Indian Students During The Covid-19 Pandemic: A Cross-Sectional Study From India*, Journal of Taibah University Medical Sciences, Volume 16, Issue 2, 2021, Pages 260-267, ISSN 1658-3612.
2. Changwon Son, Sudeep Hegde, Alec Smith, Xiaomei Wang, Farzan Sasangohar, *Effects Of Covid-19 On College Students’ Mental Health In The United States: Interview Survey Study*, J Med Internet Res. 2020 Sep; 22(9): e21279. Published online 2020 Sep 3.
3. Kunal Chaturvedi, Dinesh Kumar Vishwakarma, Nidhi Singh, *COVID-19 and its impact on education, social life and mental health of students: A survey*, Children and Youth Services Review, Volume 121, 2021, 105866, ISSN 0190-7409.

AUTHOR(S) PROFILE:

Poornima.V, is working as Assistant Professor in the Department of Commerce-Banking and Insurance, Nallamuthu Gounder Mahalingam College, Pollachi. Completed M.Com., DCA., in 2012 and cleared both State Eligibility Test (SET) and National Eligibility Test (NET) under General category. Currently pursuing part time Ph.D from Bharathiar University. Interested in research related to Consumer Behaviour, Student Psychology and National Missions of Government.
