

A Descriptive Study to Assess the Stress and Coping Mechanism Due to Lockdown among School Going Children

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Abstract

Background: Corona virus is an infectious disease came in December 2019 in China. People with infection get the respiratory problem but doesn't show any symptoms and not required any treatment. But those are having underlying problems like diabetes mellitus, pregnant women and children are having risk of getting complication with corona virus infection. The government announced immediate lockdown in country for the prevention of spread of infection and has change life of million children into complete confusion. Many are starving for the foods and calling for the help as the country shuts down to battle the pandemic. The largest child population is in India with 472 million, and Promoters say due to this immediate lockdown many children has disturbed. A assessment survey was done among parents has shown that children's are having more anxiety, increased use of TV and Social media and changed eating pattern. Another study shows that 37% of the children are psychological disturb and 88% spent most of the time on using social networking sites

Objective: To assess stress and coping mechanism due to lockdown among school going children.

Methodology: A Descriptive Research Approach is used. 60 samples were selected by using Non Probability Purposive Sampling Technique. Data was taken using Stress and coping mechanism questinnarrie through online Google form. **Result:** The study findings show that majority (41%) of the children answered were from 10th standard ,30% from 9th standard ,17% from 8th standard and 12% from 7th standard. It also shows that 58% were male and 42% were girl children. The assessment of stress is done by using the questionnaire based on the stress parameter like physical, psychological, family, financial burden, academics, quarrel with siblings, food .The rating were selected through 5 point likert scale from strongly disagree to Strongly agree. The result of stress due to lockdown findings shows that in majority of the children are strongly agree and agree with the physical stress, psychological stress ,family stress, stress due to financial burden, Academics stress, quareel with sibling and food due to lockdown. The children were using the many coping mechanism to relive this stress and majority of the children were using the coping mechanisms like using social media, exercise, doing study, doing household work, entertainment.

Conclusion: The findings indicate that the questionnaire was effective in assessing the stress and coping mechanism among school going children. The study also concluded that majority of the children are having the stress due to lockdown but they are also using the coping mechanism to reduce this stress

Keywords: Assess, Stress, Lockdown, Coping Mechanism, COVID 19,Children

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Introduction and Background

Corona virus is an infectious disease came in December 2019 in China. People with infection get the respiratory problem but doesn't show any symptoms and not required any treatment. But those are having underlying problems like diabetes mellitus,

pregnant women and children are having risk of getting complication with corona virus infection¹.

The government announced immediate lockdown in country for the prevention of spread of infection and has change life of million children into complete confusion. Many are starving for the foods and calling for the help as the country shuts down to battle the pandemic. The largest child population is in India with 472 million, and Promoters say due to this immediate lockdown many children has disturbed.²

A assessment survey was done among parents has shown that children’s are having more anxiety, increased use of TV and Social media and changed eating pattern. Another study shows that 37% of the children are psychological disturb and 88% spent most of the time on using social networking sites ³

Though the stress is the risk factor for mental health problem in children and teenager which include the depression, anxiety, eating disorder etc. But to reduce this stress the coping mechanism and positive thinking help to reduce the stress. Compass says “the good news is the brain is changeable .If the coping strategies are used it can reduce the stress.⁴

The children living under lockdown, social restriction and closure of the school. are suffering with feelings of anxiety, stress. The survey done by Save the Children shows result that 65% of the children are getting with boredom and feel isolated.⁵

During the lockdown with limitation on all the movement, social distancing made the children emotionally and psychological disturb. The routine of the children has changed drastically .The talks they used make with schoolmate has stopped .The school activites has stopped. These all things made the children disturbed. So to come out of this stress they need to use the coping mechanism which will help them to have normal life style⁶.

Objectives: “To assess the stress and coping mechanism due to lockdown among school going children”

Material and Methods:

A Non Experimental Research design with quantitative approach was used. 60 samples of secondary school going children in selected by Non Probability Purposive sampling technique. The study was conducted online through the assessment Google form of stress and coping mechanism. The tool included three sections; the first section included demographic data the second section included a stress assessment like physical, psychological ,family, financial, academics, quarrel with siblings, food due to lockdown among school going children and third section include the coping mechanism like Use of social media, study, exercise, household work, and entertainment due to lockdown among school going children.

Result of the Study

Section- I

Table 1: Frequency and Percentage of Demographic Data

Demographic Variable Standard	Frequency	(Percentage)%
	Standard	
7th	7	12%
8th	10	17%
9th	18	30%
10th	25	41%

Cont... Table 1: Frequency and Percentage of Demographic Data

Gender		
Male	35	58%
Female	25	42%

Section-II**Analysis of data on stress due to lockdown among the school going children****Table 2: Data related to physical stress among the school children.**

Physical Stress	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Not able to do exercise	16%	20%	17%	22%	25%
Going out for sports and play is impossible	20%	17%	17%	17%	30%
Sitting home 24/7 makes me feel lethargic	12%	16%	22%	23%	27%
Physical activity has become minimal	10%	17%	20%	25%	28%
I am facing physical problems due to weight Gain	11%	20%	17%	25%	27%

Table no 3: Psychological stress due to lockdown among school going children

Psychological Stress	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Feel scary due to increasing number of COVID-19 cases	17	17	20	20	26
I feel locked in my house	17	23	12	20	28

Table 4: Stress related family due to lockdown among school going children

Family Stress	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Family is also suffering due to situation	8%	20%	12%	25%	35%
I am not able to help my family	13%	25%	12%	22%	28%

Cont... Table 4: Stress related family due to lockdown among school going children

I am worried about the health of my family member	10%	17%	12%	26%	35%
My family members are tensed about the job	13%	17%	20%	27%	23%

Table 5 : Stress of Financial burden due to lockdown among school going children

Stress of Financial Burden	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Due to lockdown our financial condition got disturb	17%	17%	23%	23%	20%
All are getting worried about the financial management	15%	14%	23%	30%	18%
Our shop is closed since locked down so our income source is stopeed	17%	27%	12%	25%	25%
My parents are worried about payment of my tuition fees	10%	25%	15%	25%	25%
My parents are also worried about the payment of bank loan	12%	18%	10%	30%	30%
All are tensed about the post COVID financial management	2%	5%	20%	38%	35%

Table 6: Stress related to academics due to lockdown among school going children

Stress of Academicces	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am very tensed about my studies	8%	5%	13%	32%	42%
Its really very hectic to submit the assignemnt online	2%	13%	20%	17%	48
I am not able to get the book to read	8%	20%	10%	33%	28%
I am missing the classroom teaching	10%	12%	13%	30%	35%
I am very tensed about the decision of final exam and my result	12%	15%	8%	33%	32%
I am worried about the school reopening	5%	3%	12%	37%	43%

Table 7: Stress related Quarrel with Sibling due to lockdown among school going children.

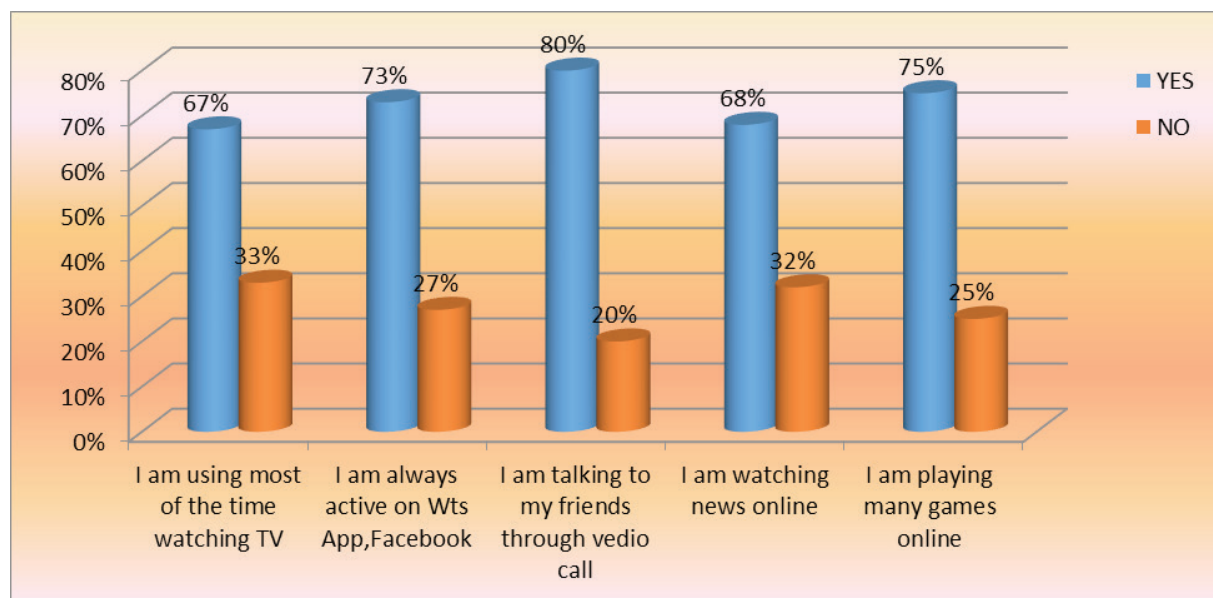
Stress on Quarrel with Sibling	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am fighting with my siblings most of the time	5%	15%	15%	33%	48%
My brother/sister dont help in work	7%	23%	12%	28%	30%
My brother/sister troubles me during my study time	10%	23%	3%	30%	33%

Table 8: Stress related to food due to lockdown among school going children.

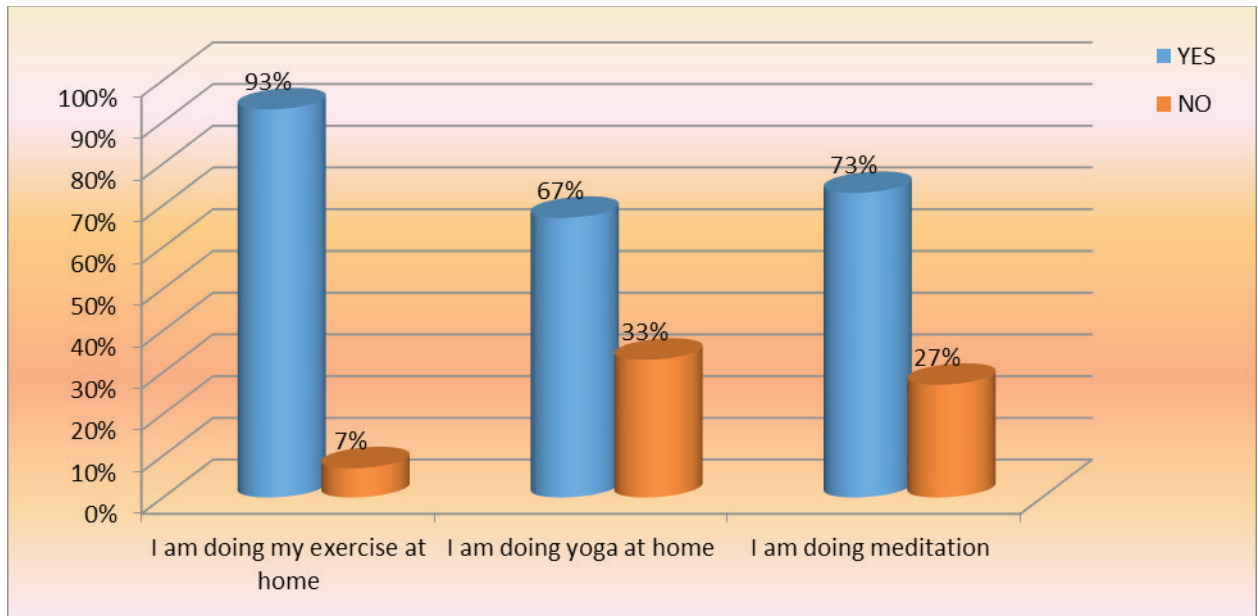
Stress about Food	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am not able to eat outside food	10%	12%	8%	28%	42%
I am missing my family dinner in hotels	3%	2%	3%	47%	45%
I am not able to go with my friends for having junk food like pani puri, Pizza, Burger	3%	7%	10%	38%	42%

Section-III

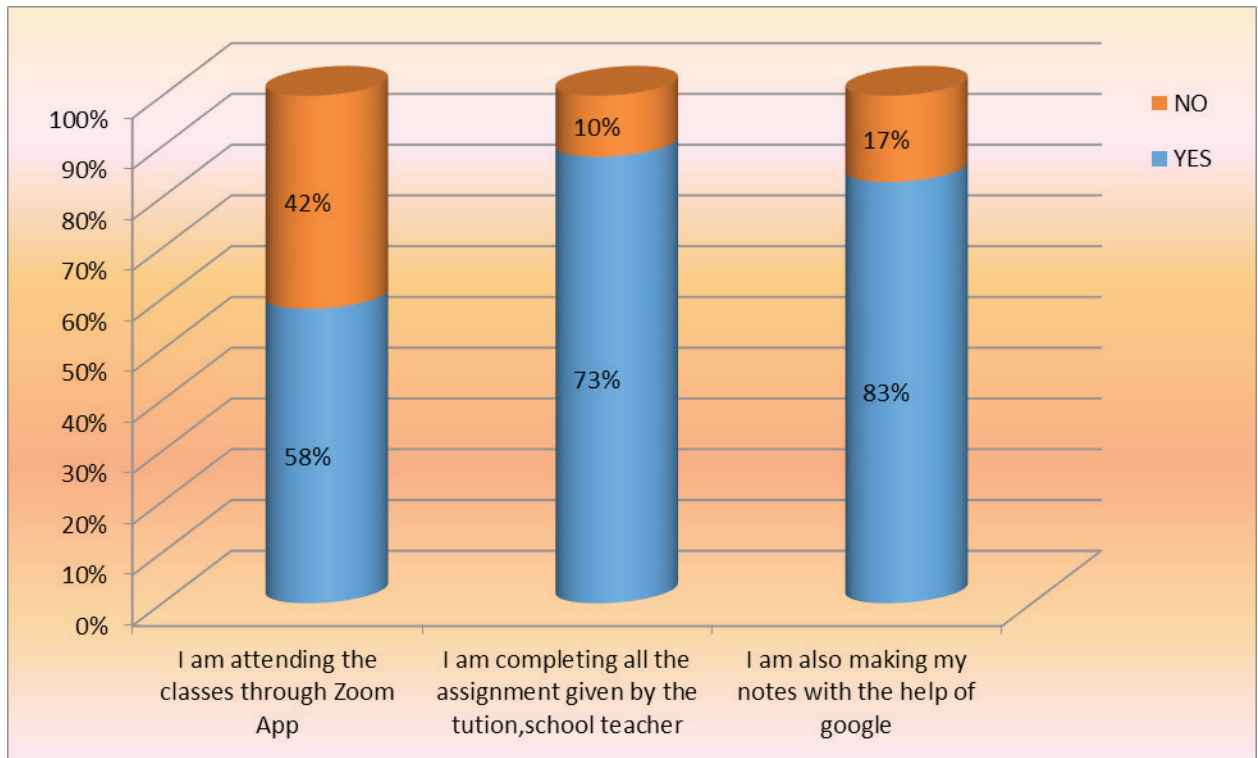
Analysis of data on coping mechanism among the school children



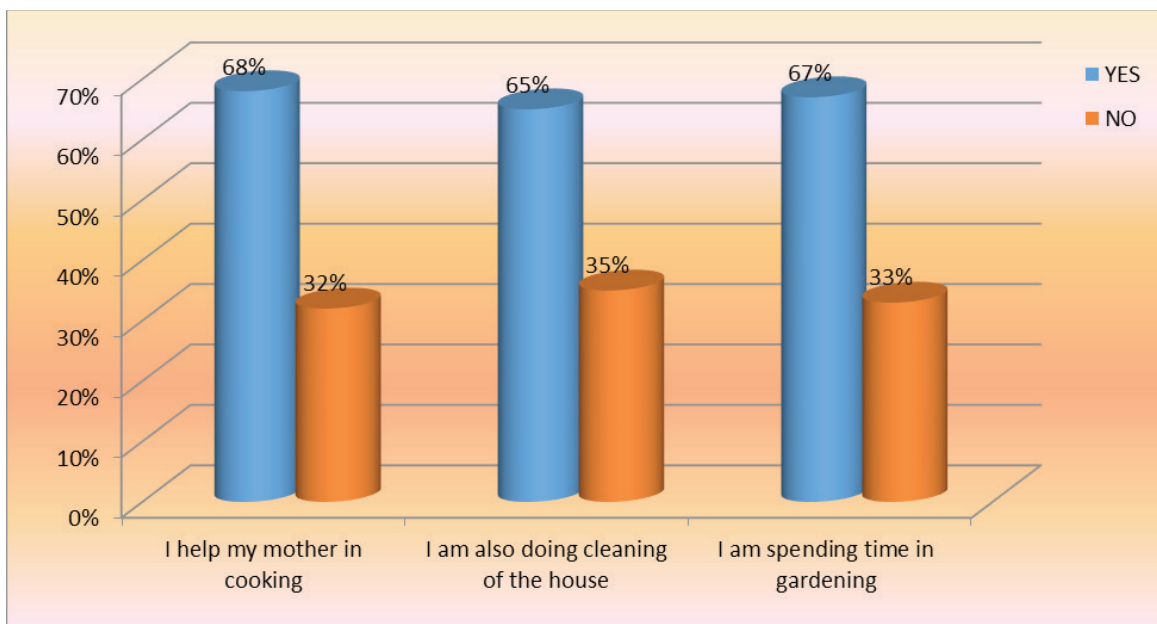
Graph 1: Use of Social Media as coping Mechanism in lockdown among school going children.



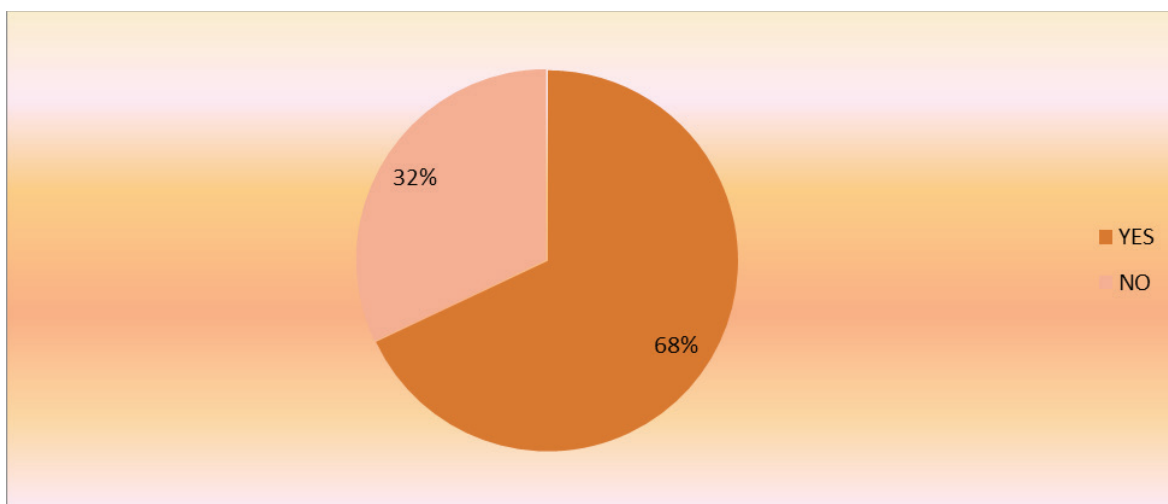
Graph 2: Doing exercise as coping Mechanism in lockdown among school going children.



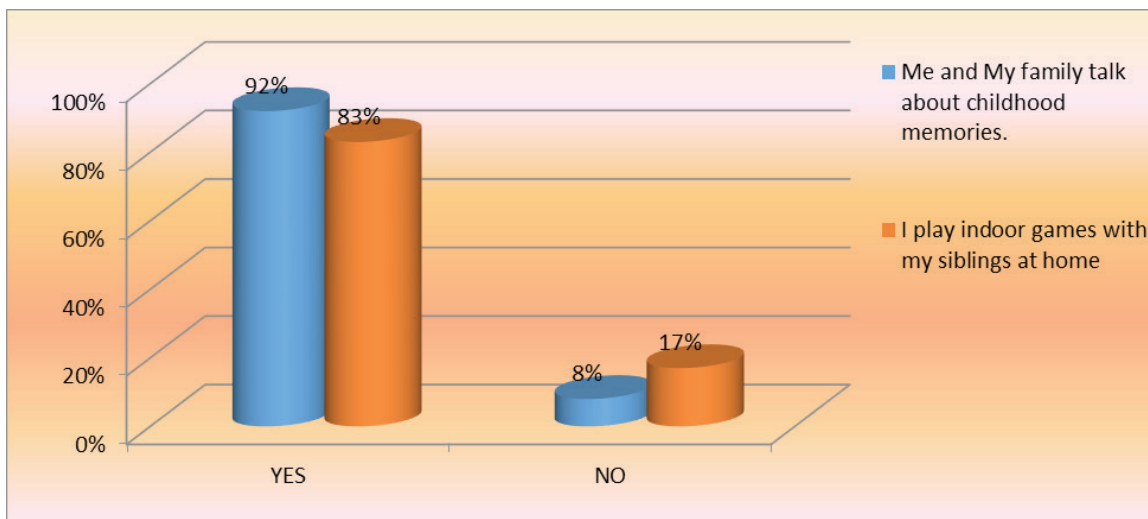
Graph 3: Doing study as coping Mechanism in lockdown among school going children.



Graph 4: Doing study as coping Mechanism in lockdown among school going children



Graph 5: Rest and Sleep as coping Mechanism in lockdown among school going children



Graph 6: Entertainment as coping Mechanism in lockdown among school going children

Discussion

In this present study a Non Experimental Descriptive research design is been used. Non Probability Purposive Sampling Technique was used for selecting 60 samples. Data collected through online Google form from school going children. The tool included three section; the first section had demographic data and the second section included assessment of stress due to lockdown among school going children, Third section included the assessment of coping mechanism due to lockdown. The data was analysed further which revealed that The study findings show that majority (41%) of the children answered were from 10th standard ,30% from 9th standard ,17% from 8th standard and 12% from 7th standard. It also shows that 58% were male and 42% were girl children. The assessment of stress is done by using the questionnaire based on the stress parameter like physical, psychological, family, financial burden, academics, quarrel with siblings, food .The rating were selected from strongly disagree, Disagree, Neutral, Agree and Strongly agree. The assessment result of stress due to lockdown findings shows that in majority of the children are strongly agree and agree with the physical stress, psychological stress ,family stress, stress due to financial burden, Academics stress, quarrel with sibling and food due to lockdown. The children were using the many coping mechanism to relive this stress and majority of the children were using the coping mechanisms like using social media, exercise, doing study, doing household work, entertainment.

Conclusion

The findings indicate that the questionnaire was an effective strategy in assessing the stress and coping mechanism due to lockdown among the school going children. and it shows that childrens are having stress due to lockdown but they are using the coping mechanism also to get relief from stress.

Conflict of Interest -Nil

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Ethical Clearance-: Obtained from Institutional Research Committee .

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