

## **A COMPARATIVE STUDY OF STRESS AND ANXIETY OF B.EL.ED STUDENTS AFTER LOCKDOWN IN LUCKNOW DISTRICT**

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**Introduction:** Stress and anxiety are major problem for the students for their success and development. Various research said that in present educational scenario stress and anxiety are considered as major hurdle I student’s progress. “Stress can be defined as the degree to which you feel overwhelmed or unable to cope as a result of pressures that are unmanageable” on other hand anxiety is defined as emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.” Since December 2019, Covid-19 is spreading all over the world. To fight with Corona many governments opted for lockdown in the world. In India on 23 March 2020 lockdown was imposed due to which more than 130 million people were forced to stay in their home. All the hotels, malls, schools, colleges were closed. Students were told to stay in their houses and classes started conducting in online mode. The continuous stay in home may have some impact on the mental health.

**Objective of the Study:** Following are the main objectives of the study

- 1) To analyze the impact of lockdown on the anxiety level of B.El.Ed students
- 2) To analyze the impact of lockdown on the stress level of B.El.Ed students

**Operational Definition:**

- (1) **Stress:** Stress can be defined as any type of change that causes physical, emotional, or psychological strain.
- (2) **Anxiety:** Anxiety refers to multiple mental and physiological phenomena including a person’s conscious state of worry over a future’s unwanted event or fear of an actual situation.

- (3) **B.El.Ed** : The Bachelor of Elementary Education is a four year professional degree program of teacher education offered after senior secondary. It aims to prepare teachers for the elementary stage of education i.e., I-VIII.
- (4) **Lockdown**: A temporary condition imposed by governmental authorities (as during the outbreak of an epidemic disease) in which people are required to stay in their homes and refrain from or limit activities outside the home involving public contact (such as dining out or attending large gatherings).

**Hypothesis:** Null hypothesis was formed to conduct the study.

- 1) There is no significant difference between stress level of B.El.Ed students before and after lockdown.
- 2) There is no significant difference between anxiety level of B.El.Ed students before and after lockdown.
- 3) There is no significant difference between stress level of students of Rural and Urban area.
- 4) There is no significant difference between anxiety level of students of Rural and Urban area.
- 5) There is no significant difference between stress level of Male and Female B.El.Ed students.
- 6) There is no significant difference between anxiety level of Male and Female B.El.Ed students.

**Research Methodology:**

In this study correlational design was employed to study the relation between stress, anxiety and mental health of B.El.Ed students before and after lockdown. One set of data was collected before lockdown while another set of data was collected during lockdown.

**Data Collection:** In this research, data was collected with the help of questionnaire on anxiety, stress and depression developed by Pallavi Bhatnagar. Questionnaire were distributed to 280 students, out of which 224 responses received. 182 students completed the questionnaire and researcher rejected incomplete questionnaire. On account of Covid-19 situations, Google form was used to collect data.

**Statistical Analysis:** The data was collected and analysed. In this study Mean and Standard Deviation were used to find the average and standard deviation. Karl Pearson's method was used to calculate Co-relation between stress, anxiety and mental level of students before and after lockdown.

**Major Findings:** In this research it was found that stress and anxiety level of B.El.Ed students were more during lockdown than before lockdown. The study further reveals that more than 85% of the students were in moderate or severe level of stress considering their career uncertainty besides that 89% of students feels that their anxiety level has increased after covid. The major reasons of this increased level of stress and anxiety were lockdown, uncertainty of future and fear of sudden death. The study further suggests that there was significant difference between the stress and anxiety level of urban region students than rural region students. The study also found out that stress and anxiety level of the female students were more than the male students.

**Conclusions:** From above findings we can draw a conclusion that after covid 19 there was sudden change in the stress level and anxiety level of the students of B.El.Ed in Lucknow district. It was also concluded that the reasons of change of stress and anxiety level is income uncertainty, fear of death, uncertainty of job and family pressure.

**Delimitation of the Study:** This study is strictly limited to Lucknow district and Teacher Training Colleges associated to Lucknow University only.

**Suggestions for future research:** This study was limited to only B.El.Ed students studying in colleges of Lucknow district. Further studies can take the wide sample and area.

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