ORIGINAL RESEARCH PAPER

Psychology

ANXIETY AMONG MALES AND FEMALES COLLEGE STUDENTS IN COVID-19 PANDEMIC SITUATION

Reetu Sara Varghese*	Ph.D Research Scholar, Dept of Psychology, Government Arts College, Coimbatore-18. *Corresponding Author
Dr. T Veeramani	Associate Professor and Head, Dept of Psychology, Government Arts College, Coimbatore-18.

ABSTRACT

Anxiety is be defined as apprehension, tension, or uneasiness that stems from the anticipation of danger, which may be internal or external. Everyone feels nervous, challenges such as stresses in the workplace public speaking; extremely stressful schedules or writing an examination can lead to a sense of anxiety and fear. Due to Covid-19 pandemic, national lockdown and strict isolation and social distance, delay in the predominant education system lead to the increased level of anxiety because of impairment in postponement of exams, sudden closing of classes. The purpose of the study was to investigate the anxiety level of both males and females college students in Covid-19 pandemic situation. The sample consisted of 60 college student (30 males and 30 females) in the age group of 19 to 23 years. The instrument used was Hamilton Anxiety rating Scale (Hamilton.M, 1959) which was generated using Google form, and the link was shared through social media. Standard Deviation and t-test was used to analyze data. The results indicate the 3% of female students have mild level of anxiety. Both male and female college students have 53% of mild to moderate level of anxiety. 47% of male students have very severe level of anxiety which is greater than females. The calculated t-value, 0.4 which indicates that there is statistically no significant difference in male and female college students in pandemic situation.

The spread of the novel corona virus (SARS-CoV-2 and its COVID-19 disease) began in December 2019 in Wuhan, Hubei Province of China (WHO 2020). Soon after the spread started, on 11 March 2020, the WHO declared it a pandemic. The acute respiratory condition COVID-19 is (Paules et al. 2020; Wang et al. 2020). Approximately 3,862,709 confirmed cases and 267,121 deaths were reported worldwide as of 7 May 2020 (worldometers.info), and India had 53,045 confirmed cases and 1787 deaths (MoHFW 2020).

In India, a lockdown was announced on 23 March 2020 in order to combat COVID-19. It was also stated earlier that insecurity could be felt due to global health risks requiring physical control measures such as the closure of all sectors expect for emergency services, and should maintain social distance, and home quarantine. These initiatives lead to the loss of many rural people's livelihoods, disruption of education trends in schools, colleges and universities, workplace closures and medical emergencies due to other illnesses (Taylor et al. 2010). The psychological effect of such physical interventions is (Brooks et al. 2020). For the entire population, this pandemic and lockdown in the country will cause stress. Mass disasters involving infectious diseases are also reported to cause waves of heightened fear and anxiety that cause tremendous intervention in many communities' behaviour and psychological well-being (Balaratnasingam and Janca 2006; Chong et al. 2004; Wu et al. 2009; Wheaton et al. 2012; Liu et al. 2012).

Anxiety

At times, everyone feels nervous. Challenges such as stresses in the workplace, public speaking, extremely stressful schedules or writing an examination can lead to a sense of anxiety, even fear. However, unpleasant, these feelings are different from those associated with an anxiety disorder. For no apparent cause, people suffering from an anxiety disorder are prone to severe, persistent feelings of fright and panic. The circumstance transforms their lives into an ongoing journey of discomfort and anxiety and can interfere with their relationships with families, friends and colleagues. Anxiety research is one of the most active fields in psychology and has been the subject of considerable research, especially in the last two decades (Abdel-Khalek & et al 2004). The most prevalent of all mental health conditions are anxiety disorders. They are estimated to impact roughly 1 in 10 individuals. They are more common among women than among men, and both children and adults are affected. According to the German Health and Interview and Evaluation Report, the gender difference is especially obvious for agoraphobia, indicating that women are at least twice as likely to be diagnosed with an anxiety disorder as males (De Graaf et, 2002). Among individuals exposed to females are twice as likely as males to experience PTST, trauma (Breslau et a., 1999). The only anxiety disorder that is similarly prevalent in men and women is Ocd (Kring & et al 2010).

The number one health concern, ranging from a basic adjustment disorder to more difficult and crippling conditions such as panic disorder and posttraumatic stress disorder, is anxiety symptoms and disorders. The lifetime prevalence of anxiety disorders as a whole in adults is around 25 percent, according to the most recent data; the incidence in children is uncertain but feels to be substantially under-reported and under-diagnosed. More precisely, Social Security. The lifetime probability of anxiety disorder is 12 percent, while panic disorder occurs in around 1.7-3 percent of the adult population (Jacob, 2004). While very common, children often neglect or misjudge anxiety disorders, even though they are quite treatable conditions with proper, persistent medical treatment.

OBJECTIVES OF THE STUDY
- To assess anxiety level of male and female college students in pandemic situation.
- To compare anxiety symptoms of male and female college students in Covid-19 pandemic situation.

HYPOTHESIS OF THE STUDY
- There will be no significant difference in the level of male and female college students in Covid-19 pandemic situation.
- There will be no significant difference in anxiety symptoms of male and female college students in Covid-19 pandemic situation.

SAMPLE
30 males and 30 female college students from Coimbatore District in Tamil Nadu were considered as participants for the present study. Convenient Sampling method was used for

sample selection. The age range of participant is between 19 and 23 years.

TOOLS
Hamilton Anxiety Rating Scale (HAM-A) by Hamilton.M , 1959 and the personal data sheet were used to collect their demographic data.

STATISTICAL ANALYSIS
The raw scores were statistically analyzed in terms of mean, SD, was used to find the Student t test to understand the significant relationship of anxiety among male and female college students.

RESULTS AND DISCUSSION
Table I shows the level of Anxiety among male and female college students in pandemic situation

LEVEL OFANXIETY	MALES		FEMALES	
	N	%	N	%
MILD ANXIETY	0	0	1	3
MILD TO MODERATE SEVERITY	16	53	16	53
MODERATE TO SEVERE	14	47	13	43
VERY SEVERE ANXIETY	0	0	0	0

Table I shows that 3% of female students have mild level of anxiety. Both male and female college students have 53% of mild to moderate level of anxiety symptoms. 47% of male students have very severe level of anxiety which is greater than 43% of female college students in pandemic situation.

Table II shows the comparison of Mean score of Anxiety symptoms among Males and Female College Students in pandemic situation.
. **Significant at 0.05

Variables	Groups	n	Mean	SD	t value
Anxiety symptoms	Males students	30	23.23	3.3	0.4
	Female students	30	23.9	2.9	

Table II shows the mean and Standard Deviation (SD) score of anxiety symptoms in male and female college students. The mean score of males and females are 23.23 and 23.9 respectively.

And the Standard Deviation of male and female students is 3.3 and 2.9 respectively. And corresponding t-value is 0.4.Here the table value is greater than the calculated value .So we can accept the hypothesis that there is no significant difference among male and female college students.

CONCLUSION
There is no significant difference in anxiety symptoms of male and female college students in pandemic situation.

LIMITATIONS
• The sample size of the present study is small.
• The study can further include more variables.

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