



ORIGINAL RESEARCH PAPER

Psychology

STRESS, MOOD SWINGS AND PROCRASTINATION AMONG EARLY ADULTHOOD DURING LOCKDOWN

KEY WORDS: Stress, Procrastination, Moods swings

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ABSTRACT

This paper deals with the importance of the mental well-being of individuals in this pandemic situation. Early adulthood is an age range that has a significant influence on the individual. Mental health issues that this group of people experience have to be discussed. A person experiences stress when there is a threatening situation like COVID. Stress varies according to situations from acute to chronic. There are a lot of things that make a person stressful. In this modern world, people who are the future of the world are lacking their courage to make a successful life mainly because of the mental health issues they face in their life. Also, lifestyle brings major changes in their opinions that lead them to think that laziness is better than hard work. They are not aware of the destruction caused by this type of thinking. Nowadays, mood swings are the word that continuously arises from teenagers and early adults. These make their lives less easy. All these things cause sufferings in the life of early adults. This paper views the importance of identifying mental health issues such as stress, procrastination and mood swings during lockdown and also the need to manage this by doing specific treatments and activities. The COVID-19 pandemic has a direct impact on stress, procrastination and mood swings and these three have an indirect interconnection too. This thematic paper applies descriptive methodology and had gone through the contents related to the topic and analytically summarized the ideas. The conclusion of the thematic paper states that the stress, procrastination and mood swings in early adults during the pandemic is high and it need to be catered at an early. This paper also implies the importance of insight into mental health issues and strategies such as meditation, relaxation techniques, music therapy, cognitive behaviour therapy etc. to maintain a balance.

INTRODUCTION

As early adulthood is the age of drastic life changes, there are a lot of factors that affect the lives of young adults. It is the age that witnesses the things that help to construct one's life. For some people it's their crucial stage in studies, for some it's the starting of their career, or for some people, early adulthood is the stage of marriage, childbearing, etc. COVID pandemic made a lot of difference in the lives of our life. During the lockdown, there might be an amount of stress, which is obvious in the life of early adults. This stress varies among individuals according to their attributes. Each person possesses a different level of emotional stability. As adulthood experiences a lot of mental health issues mood swings can be present as a part of these issues or as a result. Stress can also be a reason for mood swings. Procrastination can protect individuals from what may be unpleasant about themselves in their lives. It can help them tolerate some uncomfortable and frightening feelings, or it can provide an excuse for not acting to complete a task. Regardless of the reasons for procrastination, the behavior is self-defeating (Burka, 1983). Sometimes the mood is also a reason for people to procrastinate. Some individuals postpone things when they feel excessive stress and have turbulent mood states. Though stress has become a normal part of daily life its impact on mood swings and procrastination may lead to mental disturbances. Women usually have a high level of mood swings during menstruation, pregnancy, etc. hormonal imbalance may also cause mood swings. The pandemic also added an extra amount of stress to every individual. For males having a low level of testosterone can cause mood swings. In the case of mood changes, both men and women are equally vulnerable. Every individual perceives the world according to their variables. In the case of extroverts and introverts, there is a huge difference in their perception of their surroundings. Even in the case of the everyday task, this difference in perception is there. Extroverts procrastinate by doing interacting with others, playing games, or engaging in other activities, while introverts boggle because they have self-doubts, negative emotions, or heavy planning about the

project. Nevertheless, their personality types every individual would feel stressed when they are about to meet their deadline. Procrastination might be worse if a person suffers negative feelings, like self-doubt, low self-esteem, anxiety, or insecurity.

COVID-19 pandemic affected many people's mental health and created more problems for the individuals who already suffering from mental illness. Early adults experienced a lot of pandemic-related issues such as loss of income, isolation unable to meet friends and family, etc. Mood swings and procrastination are interrelated, during lockdown work from home situations and the work deadlines made them feel stressed and the isolated situation also led to mood swings.

Stress

The American Psychological Association defines stress as "any uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioral changes." Stress is the body's reaction to life events that are threatening or challenging. Stress can be defined as any type of change that causes physical, emotional, or psychological strain. In this modern world, stress plays a great role in everyone's lives both positively and negatively. Everything that causes stress is called a stressor. Stressors produce threats to our well-being. Some health psychologists believe that daily life is a series of repeated sequences of perceiving a threat, considering ways to cope with it, and ultimately adapting to the threat with greater or lesser success. Although adaptation is often minor and occurs without awareness, adaptation requires a major effort when stress is more severe or long as long-lastingly, our attempts to overcome stress may produce biological and psychological responses that result in health problems (Dolbier, Smith, &Steinhardt, 2007; Finan, Zautra, &Wershba, 2011).

Procrastination

Procrastination is simply the act of delaying or postponing

something. Procrastination is a form of self-regulation failure that is characterized by the needless delay of things one intends to do despite the expectation of negative consequences (Steel, 2007; cf. Klingsieck, 2013). According to Joseph Ferrari, a professor of psychology at DePaul University in Chicago and author of "Still Procrastinating: The No Regret Guide to Getting It Done," around 20% of U.S. adults are chronic procrastinators. Haycock et al. (1998); Tuckman and Sexton (1989) the tendency to avoid tasks, responsibilities, or decisions that are supposed to be done is called procrastination. Procrastination may relieve pressure at the moment, but it can have steep emotional, physical, and practical costs.

Mood swings

A mood swing is a sudden or intense change in emotional l state. During a mood swing, a person may quickly switch from feeling happy to feeling sad. The stress that a person faces in everyday life may have a role in causing mood swings. Puberty can trigger stress and frustration, which may lead to mood swings in boys.

OBJECTIVES OF THE STUDY

The aim of the study is to bring out the significance of mental health problems such as stress, procrastination and mood swings in early adulthood during the Covid-19 pandemic.

Relationship between Stress, Mood Swings and Procrastination

Early adulthood is one of the most prominent stages of developmental stages. It is the stage between adolescence and middle adulthood. Adolescence witnesses a lot of changes physically and mentally. As a continuation of this, early adulthood involves an advanced level of development and changes based on this development. Mental health is, as always, very important in this stage. Every individual at this stage explores different roles in their life. While some people work hard for achieving their goals, some people are stuck by mental health issues they face. Stress is common, but an excessive amount of stress reduces well-being and that way leads to mental illness. Sometimes stress can lead to mood swings and vice versa. A study co-authored by DrPychyl, found links between procrastination and negative emotions like frustration and resentment. And that makes it even more difficult to cope with the potential negative emotions we predict our task will create. So, instead of feeling even worse, we opt for something that makes us feel good. In most cases, mood and emotional regulation stand as causes of procrastination. Fear of failure is always a reason for procrastination, stressed individuals avoid tasks, and that they assume that task won't feel good. This avoidance is procrastination. Procrastination leads to reduced mental health, high level of stress and lower level of well-being.

Strategies for Stress Management

Coping is defined as the thoughts and behaviours used to manage the internal and external demands of situations that are appraised as stressful (Folkman & Moskowitz, 2004; Taylor & Stanton, 2007).

- Optimism- An optimistic nature can help people cope more effectively with stress and reduce their risk for illness (Scheier, Carver, & Bridges, 1994).
- Psychological Control- Psychological control is the belief that one can determine one's behaviour, influence one's environment, and bring about desired outcomes. The belief that one can exert control over stressful events has long been known to help people cope with stress (Taylor, Helgeson, Reed, & Skokan, 1991; Thompson, 1981)
- Self-Esteem- High self-esteem is tied to effective coping. It seems to be most protective at low levels of stress; at higher levels of stress, the stressful events themselves can overwhelm the benefits of self-esteem (Whisman & Kwon,

1993).

- Resilience- Psychological resources such as these not only enable people to confront and cope with stressors. They also help them bounce back from bad experiences and adapt flexibly to the changing demands of stressful situations (Fredrickson, Tugade, Waugh, & Larkin, 2003). This is called resilience (Dunkel-Schetter & Dolbier, 2011).
- Not everyone can cope with stress successfully on their own, and so interventions for coping with stress have been developed.
- Mindfulness Meditation and Acceptance/Commitment Therapy: Mindfulness meditation teaches people to strive for a state of mind marked by heightened awareness of the present, focusing on the moment and accepting and acknowledging it without becoming distracted or distressed by stress (Davidson & Kaszniak, 2015).
- Expressive Writing: Disclosing emotions can have beneficial effects on health. For many years, researchers suspected that when people undergo traumatic events and cannot or do not communicate about them, those events may fester inside them, producing obsessive thoughts for years and even decades. This inhibition of traumatic events involves physiological work, and the more people are forced to inhibit their thoughts, emotions, and behaviours, the more their physiological activity may increase (Pennebaker, 1997).
- Self-affirmation: A technique that makes use of this insight is called Self-affirmation. When people positively affirm their values, they feel better about themselves and show lower physiological activity and distress (see Sherman & Cohen, 2006, for a review).
- Coping Skills Training: Teaching people effective coping techniques is another beneficial intervention individually, in a group setting, or even by telephone (Blumenthal et al., 2014). Most of these interventions draw on principles from CBT (Antoni, Carrico, et al., 2006).
- Relaxation Training: whereas the techniques we have discussed so far give a person cognitive insights into the nature and control of stress, another set of techniques—relaxation training—affects the physiological experience of stress by reducing arousal.

Therapy for Chronic Procrastination

Cognitive-behavioural therapy (CBT) for procrastination is a brief and highly effective treatment for eliminating procrastination and getting on track to achieve one's goals

Managing mood swings

Mood swings can be managed by tracking moods, exercise, maintaining a schedule, sleep, nutrition etc.

METHODOLOGY

This thematic paper applies descriptive methodology and had gone through the contents related to the topic and analytically summarized the ideas.

DISCUSSION

This study is discussed about the significance of mental health issues during the covid-19 pandemic. Stress, mood swings, procrastination are some prominent mental health issues that the early adulthood is facing. Lockdown and related problems has caused a great deal of stress to every individual. The frequency of mood swings was also increased as a result of the consequence of lockdown. The problems have to be addressed and the treatments and appropriate care should be provided. Mental health is as important as the physical health of an individual. So any mild disturbance to the psychological well-being has to be discussed.

CONCLUSION

This article highlights the importance of mental health in the modern era. It specifically discussed the stress, mood swings

and procrastination faced by early adults during pandemic. Stress, mood swings and procrastination have a significant level of effect on the life of young adults in this pandemic. Managing these three factors can have a great positive impact. Complicated life can be simplified through understanding and accepting one's self. By accepting the external and internal self and finding a balance provides wellbeing. Stress, mood swings and procrastination are normal things in everyone's life, but COVID-19 had placed a great deal of affect on these factors. One should know where the limit is. If one cannot handle the problems raised by these factors there is a need to visit a therapist that is the more fruitful way to fight against mental health problems and to succeed in life. The effect of pandemic in the case of mental health is different according to different individuals. Some people are vulnerable to these mental health issues, the mental health professionals have to care those community people by providing proper strategies, and have to give awareness about mental health issues

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