

Perceived Stress Among University Students in The Shadow of The Covid-19

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Abstract

Student mental health is growing into a more pressing problem in higher education. The COVID-19 outbreak brought this vulnerable population back into the forefront. Our study aims to offer a timely assessment of the effects of the COVID-19 epidemic on the mental health of college students. A total of 98 students from the Guru Gobind Singh Indraprastha University and Delhi University in New Delhi participated in the study, completing demographic data, the perceived stress scale (PSS-10), major stressors, and the Coping Strategy among students. The data was examined using quantitative and qualitative approaches. Because of the long-term pandemic condition and onerous measures such as lockdown and stay-at-home directives, the COVID-19 pandemic had a severe impact on higher education. The findings showed that female gender, 54.2 % higher scores in stress level & experience more 54.8% depressive thoughts during covid. Our findings underscore the critical need for intervention and prevention efforts to address the mental health of children and adolescents.

Keywords: COVID-19, College Student, Mental Health, Pandemic, Perceived Stress

INTRODUCTION

College students are predisposed to mental health problems. Academic pressure, combined with the challenges of starting and attending college, might result in the appearance or worsening of mental health and substance use issues. Mental health issues are a significant impediment to academic performance. A student's motivation, attentiveness, and social interaction can all be affected by mental illness, which is critical to a student's higher education success (Paola Pedrelli, 2015). It is most often diagnosed among students who seek help from university counselling centers. Over the last eight years, Texas A&M University has observed a rise in the number of students seeking treatment for anxiety disorders, mirroring a nationwide trend. Anxiety was indicated as a primary cause for seeking services by slightly more than 50% of students in 2018. Despite the fact that demand for mental health services in higher education institutions, only a small percentage of students who commit suicide go to the institution's counselling Centre, which may be due to the stigma of mental health (Miriam Shuchman, 2007). This negative stigma associated with diagnosis and mental health care has been linked to lower adherence to therapy and premature discontinuation of treatment.

For months, the new coronavirus (which causes COVID-19) has been a worldwide phenomenon. It has wreaked havoc on people's lives all around the world due to its high spread pace. As of November 30, 2020, the pandemic had killed over 1.46 million individuals and resulted in more than 63 million definite illnesses, causing lot of stress. Isolation, online classes, frequent network disruptions, and social and familial pressure have all contributed to students' stress levels. As expected, the epidemic has had an impact on the mental health of students all across the world. As a result, a sizable proportion of the approximately 3.4 million Indian students participating in higher education may be impacted. India has surpassed the United States as the pandemic's second-most-affected country, with more than 9.4 million confirmed cases and more than 140,000 deaths. As a result, in order to limit the spread of COVID-19, educational institutions such as colleges and universities are refusing to enrol students, disrupting ordinary educational operations (WHO- Helen Rosengren 2021).

Students felt detached during the lockdown, despite the fact that the state government implemented several educational policies for virtual teaching sessions. Isolation, social media addiction, and a lack of physical exercise were all the result

of a lack of regular student connection with their university or college, which resulted in psychological instability. During an epidemic, the general population, patients, medical personnel, youngsters, and the elderly are said to be particularly prone to mental health difficulties (Wang G et.al 2020). Despite the fact that many global institutions are reported to have made significant efforts to reduce stress among staff and students, various studies have highlighted stress among students. Pandemics like as COVID-19 not only disturb everyday routines, but also cause major delays in academic tasks, which are associated with student stress and fear. Because of the current situation in many countries, medical students are being urged to collaborate with native health workers. These medical students are under a lot of stress and anxiety because they have direct contact with infected people (Liu ZH et al 2020).

Academic stress is among one of the mental health problem among university students that is mostly driven by students' fear about failing and losing grades. Students are worried during COVID-19 for a variety of reasons, including apprehension over poor performance and a potential delay in finishing their studies. Many recent studies that focused on university students' mental health during COVID-19, such as, revealed that COVID-19 had a negative impact on university students' mental health and welfare. (Yang Chunjiang 2021)

Individual behavioural repercussions such as anxiety, worry, despair, anger, and post-traumatic stress disorder are all widespread and affect people all around the world. Substance misuse, rule breaches, peer pressure, and technical errors during self-learning activities are all elements that influence students' psychological behaviour. As a result, the purpose of this study was to bridge the gap between comprehending students' stress levels when their academic activities are limited and they are isolated (Hena Yasmin, 2020).

The study is based on the 10-item Perceived Stress Scale (PSS), but it also includes other indicators to proactively determine the student fraternity's stress level and cause.

The purpose of this study was to measure the levels of perceived stress, major stressor and coping strategies among university students in New Delhi during the COVID-19 lockdown.

REVIEW OF LITERATURE

Gunther Eysenbach, Guy Fagherazzi, and John Torous (2020) studied the impact of Covid on mental health of university students'. The goal of this research is to identify main pressures on mental health linked to COVID-19 epidemic. They used Zoom sessions to interview 195 students from United States to learn about the consequences of the pandemic on health. Quantitative & qualitative methodologies were used to analyse the data. The study reveals that the COVID-19 pandemic had a number of negative influence on academic, health, and lifestyle. During COVID-19, students saw a 71% rise in stress and anxiety.

Amany Edward Seedhom et.al (2021) was aimed to analyze stress among university students in south-east Serbia region during pandemic. The structured questionnaire, which comprised of four components, was distributed to 434 students from a public university. 1. Socio-demographic information, 2. PSS-10 (perceived stress scale), 3. Coping Strategy Indicator (CSI), and 4. General Health Questionnaire (GHQ-28). The PSS results suggested that our participants had moderate levels of stress during the COVID-19, 48. GHQ-28 revealed that 83 percent of students were psychologically upset, with female respondents scoring higher on anxiety, sleeplessness, and despair.

Sam Liu et.al (2021) investigated the connection between personality qualities and felt stress. The goal of this study was to see how people's perceptions of COVID-19's threat and their ability to follow government orders in preventing COVID-19 would affect their personality traits and perceived stress. An online poll was used to obtain data from 1055 Canadian people. During the pandemic, the researchers employed bivariate correlations to examine the association between personality factors, perceived stress, perceived efficacy, and perceived threats. Researchers concluded that personality traits could be a key element in recognizing COVID stressors, with higher neuroticism and extroversion indicating higher levels of stress especially during the epidemic. The study showed that personality traits may have a role in identifying stress-prone individuals during COVID, the higher neuroticism and extroversion indicates higher levels of stress during the pandemic.

Szabolcs Garbóczy et al. (2021) investigated the levels of reported stress, health anxiety, and coping techniques among university students in Hungary during the COVID-19 pandemic. The information was gathered from 1289 people at the University of Debrecen using a Google form. The questionnaire included three evaluation tools: the PSS (Perceived Stress Scale), the WCQ (Ways of Coping Questionnaire), and the SHAI (Short Health Anxiety Inventory). The study

found that health anxiety and perceived stress levels were significantly greater among overseas students than among domestic students, because cognitive restructuring as a coping mechanism was related with lower levels of stress and anxiety in domestic students. Female students in the foreign group had significantly greater levels of perceived stress than male students, but there is no significant difference in perceived stress between men and females in the domestic group.

The stress levels of students in Vietnam, as well as their coping mechanisms in the light of COVID-19 epidemic, were highlighted by Truc Thanh Thai et al. (2021). They used the two-sided t-test and ANOVA test to analyse data collected from 563 participants through online questionnaires consisting of three segments: namely demographic characteristics, Perceived Stress Scale, and Brief COPE. During COVID-19 pandemic, students reported high level stress, but they also reported having reasonably strong knowledge and skill, and a preference for adaptive coping mechanisms, according to the study.

Stress Perceived by Students was explored by Yolanda Marcén-Román et al. (2021). The main aim of this study is to investigate how University Health Sciences students at the Zaragoza felt about the COVID-19 epidemic, as well as their socio-demographic traits, anxiety, and sadness, after almost a year of the pandemic. The modified scale (PSS-10-C) was used to evaluate the stress and was delivered to 252 university students. According to the findings, stress was present in 13.1 percent of students, anxiety in 71.4 percent, and depression in 81 percent, with stress being most prevalent in females (81.7 percent).

Chunjiang Yang et al. (2021) did research to measure the impact of the academic stress on students' health. The study's goal is to see how academic burden, time away from school, and fears of contagion effect college students' mental and physical health. The information was gathered through a survey on WE CHAT. According to the findings, academic strain, separation from school, and fears of contagion all contribute to students' perceived stress, which badly impacts their physical and mental health.

Bijoy Chhetri et al. (2021) conducted a cross-sectional study that analyzed the effect of COVID-19 on students' mental health in India. The study's goal is to learn about the kids' stress levels when they are isolated. We employed the sample and easy snowball sampling technique. A correlation analysis was undertaken to analyze the relationship between students' difficulties and the reasons underlying their felt stress using a standardized questionnaire with the sample size of 1536 students. A one-way ANOVA was used in conjunction with logistic regression to examine the variance of socio-demographic information. The PSS score is influenced by fear of vulnerability, self-management, and refusal to adopt virtual learning, according to the findings. According to the poll, roughly 25% of students have been badly affected by the outbreak and have suffered above-average stress. Six per cent have encountered severe stress, while 45 percent have suffered medium stress. Female students are more worried about their academic activities, while students aged 18-25 are prone to the effects of lockdown. Their stress is due to their inability to accept a paradigm change in academic activities and have been subjected to COVID-19 restrictions for an extended length of time.

The depression was discovered by Usama Rehman et al. (2020). COVID-19 is causing a stir among Indians. The standard questionnaire was distributed to respondents during second week of the first national lockdown. With the help of SPSS v 21, inferences were made using the t-test, Anova, and Correlational analysis. Students and health professionals, according to the findings, require specific attention due to their greater levels of psychological discomfort. Mental health professionals may be able to assist policymakers and other authorities in overcoming psychological issues related to Covid-19.

Khaled Seetan et al. (2021) did a cross-sectional study to assess the impact of COVID-19 on medical students' mental health. The goal of this study was to determine the existence of COVID-19 and to assess its detrimental impact on medical students' mental health. There were two sections to the questionnaire. The first section contains sociodemographic information as well as a self-reported assessment of COVID-19's impact on mental well-being using the Kessler psychological stress scale 10 (K10). Independent samples t-tests and one-way ANOVA (SPSS Ver.25) were used to compare mean psychological stress scores between groups. According to the survey, half of our medical students have major mental diseases, with physical fitness, exercise, and studying being among the most adversely affected components of the COVID 19 epidemic. It is proposed that actions be done to alleviate student stress, which can have a number of harmful implications.

Jelena Kosti et al. (2021) During the COVID-19, University students in southeast Serbia were asked to rate their stress

levels. The primary goal of this study was to investigate how university students in southeast Serbia reacted to the COVID-19 pandemic in terms of stress and other factors. PSS software version 15.0 was used to process statistical data. The study included 434 students from a public university in southeast Serbia who completed sociodemographic questionnaires, the perceived stress scale (PSS-10), the Coping Strategy Indicator (CSI), and the General Health Questionnaire (GHQ-28). The data was analysed using quantitative and qualitative methods. The average felt stress score, according to the study's findings, was

20.43 (7.67). Higher anxiety/insomnia, depression, and coping strategy avoidance subscale scores were associated with higher felt stress in women, while higher social dysfunction scores were associated with lower perceived stress scores.

Academic performance and stress among university students were investigated by Nadeem Talib and Muhammad Zia-ur-Rehman (2012). The goal of this research is to see how perceived stress affects student academic performance and to figure out what causes induce stress in students, which then affect their academic performance. The research was based on primary data acquired from university students in Islamabad using a survey questionnaire, which was divided into three parts. T-statistics, descriptive analysis, and correlation analysis were used. According to the findings, engineers have a higher stress score than managers, and their stress levels do not differ considerably across male and female students, although engineering students differ significantly from management sciences students in terms of perceived stress.

Mustafa Malik and Sarfaraz Javed investigated the reported stress among university students in Oman during COVID-19-induced e-learning. The structured questionnaire was created using Google Forms. Descriptive statistics, means, standard deviations, and Pearson correlation were used to analyse and interpret the data and publish the results. The study discovered that students' mental health is greatly influenced by the support they experience from their family and the institution during COVID-19-induced online learning, since these were found to be adversely connected with their felt stress. Academic pressures were discovered to have a stronger negative link with students' reported stress than psychological and social stressors.

The perceived stress related with the COVID-19 outbreak was researched by John Carlos Pedrozo-Pup (2020). The purpose of this study was to find out the prevalence and characteristics of COVID-19 pandemic-related perceived stress in a sample of Colombians. Finally, 15% of the participants said they were under a lot of stress because of COVID-19. High levels of stress were linked to health officials' allegedly conflicting strategies in light of scientifically validated guidelines. More research into the psychosocial elements of epidemics is needed.

Hannah K. Allen et al. (2020) studied stress and burnout among graduate students: moderation by sleep duration and quality. The purpose of the study was to use data from a large, diverse sample of graduate students to better understand the relationships between stress, sleep, and burnout. According to the data, stress exhibited strong, positive relationships with weariness, cynicism, and inefficacy. Graduate students may be confronted with the intensity and stress of graduate school early in their programme, experience emotional strain and exhaustion, and, as a result of the continued pressure, develop cynicism and inefficacy about their function as graduate students.

OBJECTIVES

1. Identify main stressors linked to the COVID-19 pandemic.
2. To comprehend their effects on the mental health of college students.

RESEARCH FRAMEWORK

The purpose of the study is to measure the effects of the COVID-19 pandemic on the mental health of college students in New Delhi. The study is a descriptive study & quantitative study.

To collect data sample technique used is a simple and convenient snowball sampling method

To collect information, a Google form was shared with friends and family using social media channels such as Facebook, WhatsApp, and Instagram. The online survey was sent to 150 students but received on 98 responses, the response rate was 65.3 %.

The structured questionnaire has four sections. The first section included questions about demographic information such as age, gender, education level, and so on. & the second part of the questionnaire includes PSS-10, the third part consist of

questions about major stressors & last part are on coping strategies.

SPSS version 22 was applied to analyse the data. Descriptive analysis, chi square test & cross table were used to evaluate the study objectives.

PERCEIVED STRESS SCALE (PSS-10)

This scale assesses respondents' perceptions of stress levels in certain contexts. The respondents were asked 10 questions about how unpredictable, uncontrollable, and overburdened their life had become in the past month, which was appropriate given the current scenario with the Corona 19 epidemic. In each case, respondents were asked how frequently they had experienced a specific sensation in the previous month. The levels of perceived stress were graded using a 5-point Likert scale (range from 0="never" to 4="very often"). The global PSS score runs from 0 to 40, with higher numbers indicating more stress. A score of 0-13 indicates minimal stress, whereas a score of 14 to 26 indicates severe stress. A score of 27-40 indicates a significant level of felt stress. Cronbach's alpha internal consistency of the PSS-10 among national adult samples ranged from 0.78 to 0.91. Cronbach's alpha for the PSS-10 scale was 0.87 in the current study, showing strong internal reliability.

The collected data is coded & entered into excel sheets. Various statistical tests such as descriptive statistics, cross tabulation carried out using Software Statistical SPSS. The data is represented in tabular form along with their interpretation & discussions.

DATA ANALYSIS & DISCUSSION

Table 1.1

Respondents' Demographic Profile

		Frequency	Percentage
Gender	Male	45	45.9
	Female	53	54.1
	Total	98	100.0
Education Qualification	PG	46	46.9
	UG	52	53.1
	Total	98	100.0
AGE	Less than 21	39	39.8
	21 & above	59	60.2
	Total	98	100.00

Above table 1.1 shows that out of 98 respondents most of the respondents were Female 54.1% (53) in comparison of the male 45.9%(45), the respondents mostly were undergraduate 53.1% (52) than post- undergraduate 46.9%(46), most of respondents belong to age group 21 & above 60.2% (59) in contrast 39.8% (39).

Table 2

Major source of Stress

Cause	Frequency
Academic	59
Fear Of Illness	86
Relationship Issue in Family	74
Death in family	87
Financial Situation	68
Relations with other people (Siblings, Friends, boyfriend/Girlfriend)	73
About future	22
Social media	85
Peer Pressure	88

Table 2.1

Cross Table between gender and cause of stress

Gender\ Causes	Academic	Fear Of Illness	Relationship	Death in family	Financial Situation	Relations with other people (Siblings,	About future	Social media	Peer Pressure
Male	25 (42.4%)	39 (45.3%)	32 (43.2%)	41 (47.1%)	28 (41.1%)	29 (39.7%)	13 (59.1%)	41 (48.2%)	38 (43.2%)
Female	34 (57.6%)	47 (54.7%)	42 (56.8%)	46 (52.9%)	40 (58.9%)	44 (60.3%)	9 (40.9%)	44 (51.8%)	50 (56.8%)
Total	59 (60.2%)	86 (87.7%)	74 (75.5%)	87 (88.7%)	68 (69.8%)	73 (74.4%)	22 (22.4%)	85 (86.7%)	88 (89.7%)

Table 2.1 depicts major stressor among males & females, females have highest number in comparison of the males expect the one major stressor about future male respondents were 59.1% (13) & female were (40.9%). Out of 98 respondents 57.6% (34) females have stress because of Academic, 54.7% (47) females has fear of illness, (56.8%) females have Relationship Issue in Family. From 98 respondents have stress from is Death in family is 52.9% females, Financial Situation is 58.9%, Relations with other people (Siblings, Friends) is 60.3%, Social-media 51.8%, Peer Pressure is 56.8%.

Table 3.1

Cross table between Stress Level and Genders

Gender\ Stress level	Low	Moderate	High
Male	2 (50.0%)	40 (46.5%)	3 (37.5%)
Female	2 (50.0%)	46 (53.5%)	5 (62.5%)
Total	4 (4.1%)	86 (87.8%)	8 (8.2%)

From the table 3.1 it's depicted that stress is usually more in female as comparison to the male.

It is also revealed that Women (53.5%) are more than male (46.5%) show moderate stress level. Whereas 5(62.5%) females have high level of stress & 46(53.5%) show moderated stress.

Table 3.2

Cross Table between Stress Level and different Age Group

Age\ Stress level	Low	Moderate	High
Less than & equal 21	0 (0%)	36 (41.8%)	3 (37.5%)
Above 21	4 (100%)	50 (58.2%)	5 (62.5%)
Total	4 (4.1%)	86 (87.8%)	8 (8.2%)

Table 3.2 shows that the stress level is more in respondents belong to age group above 21 & most of have moderate stress level 58.2% (50), only 5 (62.5%) respondents have high stress while low level stress found in 4 respondents.

Table 3.3

Cross table between Stress Level and Education Level

Education Level \ Stress level	Low	Moderate	High
Post graduate	3 (75%)	39 (43.8%)	4 (50%)
Under Graduate	1 (25%)	47 (52.8%)	4 (50%)
Total	4 (4.1%)	86 (87.8%)	8 (8.2%)

Table 3.3 depict that the stress level is more in respondents in Under graduate & most of have moderate stress level 58.2%(50), only 5 (62.5%) respondents have high stress while low level stress found in 4 respondents.

Table 4

Coping Strategy adopted by Male & Female

Coping strategy from stress	Gender	N	Frequency	Percentage
Taking Intoxication (Smoking,Alcohol)	Male	45	13	28.8%
	Female	53	6	11.3%
Isolate themselves from everyone	Male	45	24	53.3%
	Female	53	38	71.7%

Share to someone	Male	45	34	75.5%
	Female	53	43	81.1%
Physical Activities (Gym, exercise, Dance, running,sports, etc.)	Male	45	30	66.6%
	Female	53	44	83.0%
Doing Yoga and Meditation	Male	45	20	44.4%
	Female	53	36	67.9%
Watch movies & Listen Songs	Male	45	39	86.6%
	Female	53	50	94.3%
Eat more	Male	45	30	66.6%
	Female	53	41	77.3%
Sleeping	Male	45	32	71.1%
	Female	53	37	69.8%
Breathing Exercise	Male	45	26	57.7%
	Female	53	35	66.0 %

Above table show cross-tab of Coping strategy from stress & gender , it found that female are more likely to Isolate themselves from everyone (71.7%), Share to someone(81.1%), Physical Activities (Gym, exercise, Dance, running, sports, etc.) (83.0%), Doing Yoga and meditation (67.9%), Watch movies & listen songs (94.3%), Eat more (77.3%), Sleeping (69.8%), Breathing exercise (66.0 %)except one copingstrategy Taking Intoxication (smoking, alcohol) there is it's show that male(28.8%) use more intoxication for cope up with stress than female (11.3%).

Table 5

Major Challenges faced by Respondent during Covid-19 Pandemic

Major Challenges	Frequency	Percentage
I'm more concerning my health and the health of loved ones	43	43.8%
I am struggling with Irregular sleep patterns	53	54.1%
I find disturbance in my eating pattern	54	55.1%
I'm having trouble catching up on online classes and class tasks.	45	46%
Depressive thoughts are often triggered by a lack of in-person connections and restricted outdoor activities.	93	94.5%
Life ending thoughts comes often	31	31.8%

Table 5 shows that COVID-19 raised the participants' concern and worry about their own health and the health of their loved ones (43/98, 43.8%). Disturbance in sleep patterns was found in participants, with slightly more than half of respondents (53/98, 54.1%) reporting disruptions to their sleep patterns as a result of the COVID-19 pandemic. The disruptive impact of the pandemic was irregular sleep patterns, such as inconsistent time to go to bed and wake up from day to day. COVID-19 has also had a negative impact on a large portion of participants' dietary patterns (54/98, 55.1%), possibly because the amount of eating has increased, including having more snacks since healthy dietary options have been reduced, and also because their eating patterns have become inconsistent as a result of COVID-19, such as irregular eating times and meal skipping. The effect of COVID-19 on college students' academic workload was inconclusive. Although significantly fewer than half of participants (45/98, 46%) reported an increase in academic burden as a result of COVID-19, I am having difficulties catching up with online courses and class projects due to a lack of in-person help from instructors or teaching assistants. When questioned about the influence of the COVID-19 pandemic on depressive thoughts, (93/98, 94.5%) reported having some depressive thoughts during the epidemic. Thirty-one (31.8%) of the 98 participants reported suicide thoughts as a result of the epidemic.

Table 5.1

Cross table between gender and major challenges faced during the COVID-19

Gender	Concerned about health	Irregular sleep patterns	Disturbance in eating pattern	Difficulty in catching up with online study	Depressive thoughts because of isolation at home	Suicidal thoughts
Male	25 (58.1%)	24 (45.3%)	30 (55.6%)	22 (48.9%)	42 (45.2%)	16 (51.6%)
Female	18 (41.9%)	29 (54.7%)	24 (44.4%)	23 (51.1%)	51 (54.8%)	15 (48.4%)

Total	43 (43.8%)	53 (54.1%)	54 (55.1%)	45 (46%)	93 (94.5%)	31 (31.8%)
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Above table show that males(58.1%) are more concerned the health of loved ones and themselves than females (41.9%), even males(55.6%) during covid-19 faced more Disruptions in eating pattern than females(44.4%) & male(51.6%) respondents were experienced more Suicidal thoughts than female respondents (48.2%) but on the opposite side female(54.7%) were more struggling with Irregular sleep patterns than males(45.3%), female respondents were faced more Difficulty in catching up with online study than males(48.9%). During covid-19 Female (54.8%) were more experiencing some depressive thoughts than males (45.2%).

CONCLUSION

College students are regarded to be more vulnerable to mental health problems. The findings of this study demonstrate the influence of pandemic-related alterations on the mental health and well-being of this group. Male students were significantly less stressed than female students during the COVID-19 pandemic, with high levels of stress found in 62.5 percent of females compared to 37.5 percent of males, this support the finding of Truc Thanh Thai, et al 2021 and Jelena Kostic, et al 2021. During the pandemic, the most common stressors were death in the family (88.7%), followed by dread of sickness (87.7%). Males' significant stressors were death in the family (47.1%) and social media (48.2%), while females' major stressors were peer pressure (56.7%) and fear of illness (54.7 percent).

The majority of students watch movies and listen to music to cope with stress (90.7 percent). Our findings suggest that the COVID-19 pandemic has had a considerable negative impact on a wide range of academic, health, and lifestyle outcomes. By conducting online survey interviews during the pandemic, we discovered that the majority of people were reporting increased stress and anxiety as a result of COVID-19. Surprisingly, 94.5 percent (93/98) of the individuals said they were having more depressive thoughts, with 54.8 percent of females having sad thoughts and 31.8 percent (31/98) having suicide thoughts linked to the COVID-19 pandemic, with 51.6 percent of men having suicidal thoughts.

According to the research, the COVID-19 pandemic has had a considerable detrimental impact on a variety of academic, health, and lifestyle outcomes. By conducting online survey interviews during the pandemic, we discovered that the majority of people were reporting increased stress and anxiety as a result of COVID-19.

Furthermore, it is recommended that there must be a student counsellor or student welfare committee whose purpose is not only to provide study-related counselling but also to solve their problems. The university administration and faculty members should take the study's findings seriously and implement remedial measures to reduce stress as it is affecting their academic performance.

LIMITATION

The study has a number of drawbacks such as small sample size, the respondents comprises of university students from New Delhi. Recruiting additional students from various parts of the city may improve the study's outcomes. Furthermore, data quality may be comprised due to online collection. & further research is needed to see how the epidemic affects the mental health of students who are in the later phases of a health crisis.

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