

A Study to Assess the Impact on Mental Health during Covid-19 Pandemic among B.Sc. Nursing Students in Selected Nursing College at Chennai

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ABSTRACT

Due to outbreak of COVID-19, various activities was carried over by health ministry to control the spread. Lockdown as made impact on academic performance among the students, especially nursing students lack their clinical skills and academic performance. Due to restriction the students face lot of issues to overcome the academic performance

A study was conducted to assess the impact on mental health during COVID 19 pandemic among B.Sc. Nursing students in selected Nursing College at Chennai. The objectives of the was to assess the impact on mental health during the COVID 19 pandemic among B.Sc. Nursing students and to associate the impact on mental health during the COVID 19 pandemic among B.Sc. Nursing students with their demographic variable. With the view Descriptive study was conducted among 232, 60 B.Sc. nursing students who fulfilled the inclusion criteria was selected as sample. The study participants were selected using simple random sampling technique. The analysis revealed that the frequency distribution of impact of mental health during COVID-19 shows that Among the 60 B.Sc. Nursing students, majority of the students (78.3%) shows moderate level of mental health impact and some of them were mild impact (15.0%) and few of them (6.7%) were high level of mental health impact during pandemic period. The mean and standard deviation of mental health variables of participants (N=60) reveals that the highest mean 3.42 ± 0.996 was missed for their friends, followed by 3.03 ± 1.104 felt lack of clinical knowledge 3.08 ± 1.124 was for worried about exams.

It shows that the students had moderate impact on mental health during COVID-19.

How to cite this paper: Mrs. Priyadarshini M | Ms. Nivedha C | Dr. Tamilarasi B "A Study to Assess the Impact on Mental Health during Covid-19 Pandemic among B.Sc. Nursing Students in Selected Nursing College at Chennai" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-7 | Issue-1, February 2023, pp.1140-1142, URL: www.ijtsrd.com/papers/ijtsrd52824.pdf



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KEYWORDS: Impact of mental health, B.Sc. Nursing students, COVID-19 pandemic

INTRODUCTION

An outbreak of COVID- 19 began in Wuhan (Hubei province, China) in December 2019 and as spread worldwide. As of 26 July 2021, 194 080 019 cases and 4162 304 deaths have been reported worldwide stated by WHO. The massive outbreak of COVID - 19 as increased the risk of death and has had a significant impact on the mental health. Social distancing and quarantine measures have affected students; participation in face-to-face lectures and other learning - related activities for students.

For nursing students who desire to become health care professionals in the future, mental health related issues are even more complicated because such issues

also directly affect their studies. In a various study among nursing students done during the COVID -19 pandemic, mental health - related symptoms such as anxiety, depression and stress were investigated, and commonly observed effects of such experience include depression and stress but also low academic motivation. Clinical placement can be a challenging part of training, ever without the additional challenges of a pandemic, students struggle to integrate into the team, to define their professional self and feel insecure about their competence.

As a result, most students experience some combination of an uncertain and stressful

environment and impaired support for students is a recipe that could jeopardize the students learning outcomes.. In addition, the clinical practice of nursing students in hospitals has also been discontinued. Because much of nursing education consists of clinical practice, students may have been concerned about being inadequate in clinical skill development. In addition, the application skills are insufficient, the uncertainty of when, where and how to do the compensatory training for the elimination of inadequacy could stress nursing students. It is necessitates the aim to assess the level of mental health related symptoms in nursing students and to analyze the potential risk factors associated with these symptoms.

STATEMENT OF THE PROBLEM:

A study to assess the impact on mental health during COVID 19 pandemic among BSc. Nursing students in selected Nursing College at Chennai.

OBJECTIVES:

- To assess the impact on mental health during the COVID 19 pandemic among BSc. Nursing students.
- To associate the impact on mental health during the COVID 19 pandemic among B.Sc. Nursing students with their demographic variable.

RESEARCH METHODOLOGY:

Quantitative research approach was adopted for the study. Descriptive exploratory design was selected. The study was conducted in Madha College of Nursing, Kundrathur in Chennai. Population consisted of B.Sc. Nursing II year students, III year students, IV year students who were studying in the Madha college of Nursing. The sample of 60 B.Sc. Nursing II Year students, III year students, IV year students who fulfilled the inclusion criteria were chosen using simple random sampling method. Four points of likert scale that consist of 30 questions regarding the domains like stress during COVID-19, concerns of health, difficulty in concentration, disruption on sleeping pattern, increased social isolation, concerns on academic performance, increased use of social media and Demographic

variables were used to impact mental health. After obtaining consent from the students, the data collection procedure was started by providing the questionnaire. They were given 15-20 minutes to complete the questionnaire.

RESEARCH AND DISCUSSION:

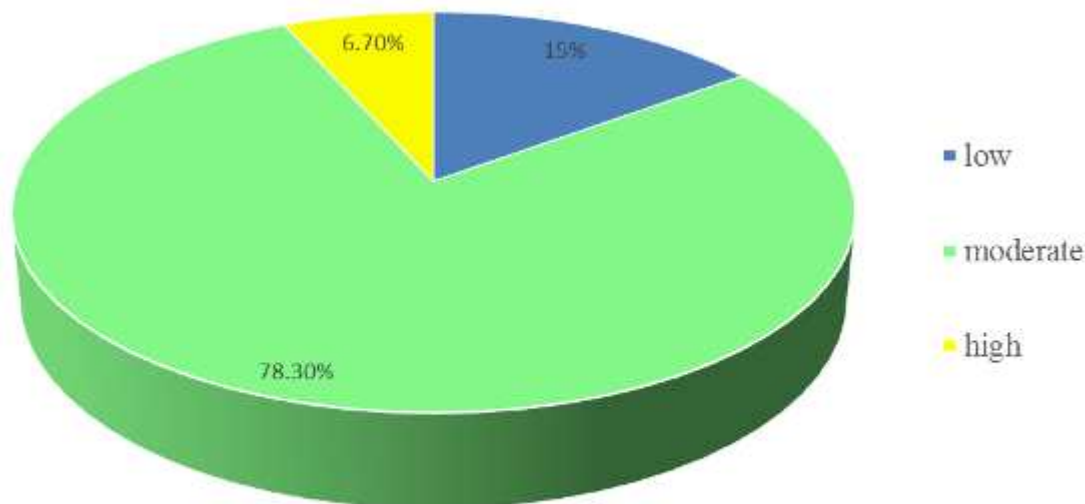
Data was analysed using descriptive statistics. The frequency distribution of demographic variables of students shows that, Regarding to age of B.sc nursing students 15(25.0%) were in the age group of 18-19 years, 38(63.3%) were in the age group of 20-21 years, 7(11.7%) were in the age group of 22-23 years. Regarding the gender majority of them were female 47 (79.3%) and 13 (21.7%) of them were male. Regarding to year of study among 60 B.Sc. nursing students, 20(33.3%) students were studying in 2nd year, 20 (33.3%) were studying in 3rd year, and 20 (33.3%) students were studying in 4th year.

Regarding the source of online resources, all 59 (98.3%) of students were using mobile phone and 1(1.7%) is using laptop. Regarding the availability of internet, all 60 (100%) of students were having online resource. Regarding the awareness of covid19, 60(100%) students have awareness regarding covid19.

The first objective was to assess impact on mental health during the COVID19 pandemic among B.Sc Nursing students

The frequency distribution of impact of mental health during COVID19 shows that Among the B.Sc. Nursing students, majority of the students (78.3%) scored to the moderate level of mental health impact and some of them were scoring (15.0%) and few of them (6.7%) were scoring high level of mental health impact during pandemic period.

The mean and standard deviation of mental health variables of participants (N=60) reveals that the highest mean 3.42 ± 0.996 was missed for their friends, followed by 3.03 ± 1.104 felt lack of clinical knowledge 3.08 ± 1.124 was for worried about exams. The mean total score for under graduated was 74.86 ± 12.58 .



Frequency distribution of impact of mental health

Fig: 1- Pie diagram represents the awareness of COVID 19 among study participants.

The second objective was to associate the impact on mental health during the COVID-19 pandemic among BSc Nursing students with their demographic variables

The association of level of mental health with the demographic variables showed that there was a significant association between mental health impact (P=0.002) and the year of study among B.Sc Nursing students.

CONCLUSION

The present study has revealed that COVID-19 brought various changes in scholastic performance of the Nursing students, it had a great impact on mental health aspect of the students. Hence this study emphasis on conducting the various counseling programme, educational services to minimize the academic stress among students which can be easily provided in college environment during pandemic situations.

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