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### RESEARCH ARTICLE

#### A STUDY TO ASSESS THE ANXIETY DUE TO PANDEMIC AMONG ADOLESCENCE AT SELECTED COLLEGE, DEHRADUN

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#### Abstract

Adolescents are a vulnerable group and they are experiencing a time of difficult transition. The Pandemic outbreak and lockdown may have multiple consequences on the lives of adolescents, chronic and acute stress, worry for their families, unexpected bereavement, sudden school break, and home confinement in many countries, increased time of access to the internet and social media, worry for the economic future of their family and country. In the current situation, anxiety can cause rumination, a sense of impending doom, helplessness and over focusing on news, which can provoke more anxiety. Establish a new routine, stay connected virtually, practice self-care habits, look for the good, exercise, meditate, reach out these are some healthy ways to cope up with anxiety during pandemic.

**Problem Statement:** “A study to assess the anxiety due to pandemic among adolescence at selected college, Dehradun”.

**Aim:** To assess the anxiety due to pandemic among adolescence at selected college, Dehradun.

**Objectives of the study:** To assess the level of anxiety among adolescents due to pandemic. To determine the association between level of anxiety with their selected demographic variables among adolescents.

**Methodology:** A quantitative research approach was used to assess the anxiety. The research design selected was descriptive design, Non-randomized convenient sampling technique was used and sample size are 100. The study was conducted at Shri Guru Ram Rai College of Nursing, Patel Nagar, Dehradun. Adolescence Self- Rating Anxiety scale used as tool for data collection. The research tool consisted of two sections; Section A is demographic variable and section B is related to anxiety scale. The content validity done by three experts in field of Nursing. Reliability is 0.99. The conceptual framework was based on Roy's adaptation model. The collected data was analyzed and interpreted by using descriptive and inferential statistics.

**Results:** The result shows socio –demographic description of the study participants. There are total of 100 participants out of which (66%) of subjects are of 19years of age, (34%) are of 18 years of age. All the

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samples are 100 in number out of which maximum percentage (82%) are girls and remaining (18%) are boys. Majorities (100%) of subject are in graduation 1st year, (0%) are in 11th and 12th standard. Type of family status explains the maximum (56%) of subjects having nuclear family, (44%) of subject having joint family. The majority (46%) of subjects have 1 Sibling, (33%) of subjects have 2 sibling, (12%) are have no siblings and remaining (9%) of subjects have more than 2 sibling. Education status of father explains the maximum (45%) having graduation and above education, (38%) are having intermediate, (15%) are having primary education and remaining (02%) are illiterate. If we analyze fathers occupation, highest percentage (49%) are government employee, (31%) are in private job, (16%) are self-employed and remaining (04%) subject unemployed. Mother education status explains the maximum (34%) have intermediate education, (33%) have graduation and above, (28%) have primary education and remaining (05%) have illiterate. The table shows that (83%) of subjects are homemaker mothers and remaining (17%) are employed. (31%) of subjects having more than 50,000 family income, (31%) of subjects having 20,000 to 50,000 family income, (22%) of subjects having 10,000 to 20,000 family income and remaining (16%) of subjects having less than 10,000 family income. The highest percentage (85%) of subjects belongs to Hindu Religion, (10%) are of Muslim Religion, (5%) are of Christian Religion and remaining (0%) subject belongs to Sikh Religion. There is no significance association between the level of anxiety with their selected socio demographic variables. There is 3% of severe level of anxiety and 21% has mild to moderate level of anxiety have been found in adolescents due to pandemic and mean value is 44.18. The calculated chi square value was less than the table value at the 0.05% level of significance. Hence null hypothesis was accepted.

**Recommendation:** A Similar study may be conducted on a larger sample for wider generalization. An Experimental study can be conducted to find out the factors associated with anxiety. The study may be conducted at different setting.

**Conclusion:** The study concludes that there is no significant association between the level of anxiety with their selected socio demographic variables.

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## **Introduction:-**

### **Problem Statement:**

“A study to assess the anxiety due to pandemic among adolescence at selected college, Dehradun”.

### **Aim:**

To assess the anxiety due to pandemic among adolescence at selected college, Dehradun.

### **Objectives of the Study:-**

1. To assess the level of anxiety among adolescents due to pandemic.
2. To determine the association between level of anxiety with their selected demographic variables among adolescents.

### **Methodology:-**

A quantitative research approach was used to assess the anxiety. The research design selected was descriptive design, Non-randomized convenient sampling technique was used and sample size are 100. The study was conducted at Shri Guru Ram Rai College of Nursing, Patel Nagar, Dehradun. Adolescence Self- Rating Anxiety

scale used as tool for data collection. The research tool consisted of two sections; Section A is demographic variable and section B is related to anxiety scale. The content validity done by three experts in field of Nursing. Reliability is 0.99. The conceptual framework was based on Roy's adaptation model. The collected data was analyzed and interpreted by using descriptive and inferential statistics.

**Results:-**

The result shows socio –demographic description of the study participants. There are total of 100 participants out of which (66%) of subjects are of 19years of age, (34%) are of 18 years of age. All the samples are 100 in number out of which maximum percentage (82%) are girls and remaining (18%) are boys. Majorities (100%) of subject are in graduation1st year, (0%) are in 11th and 12th standard. Type of family status explains the maximum (56%) of subjects having nuclear family, (44%) of subject having joint family. The majority (46%) of subjects have 1 Sibling, (33%) of subjects have 2 sibling, (12%) are have no siblings and remaining (9%) of subjects have more than 2 sibling. Education status of father explains the maximum (45%) having graduation and above education, (38%) are having intermediate, (15%) are having primary education and remaining (02%) are illiterate. If we analyze fathers occupation, highest percentage (49%) are government employee, (31%) are in private job, (16%) are self-employed and remaining (04%) subject unemployed. Mother education status explains the maximum (34%) have intermediate education, (33%) have graduation and above, (28%) have primary education and remaining (05%) have illiterate. The table shows that (83%) of subjects are homemaker mothers and remaining (17%) are employed. (31%) of subjects having more than 50,000 family income, (31%) of subjects having 20,000 to 50,000 family income, (22%) of subjects having 10,000 to 20,000 family income and remaining (16%) of subjects having less than 10,000 family income. The highest percentage (85%) of subjects belongs to Hindu Religion, (10%) are of Muslim Religion, (5%) are of Christian Religion and remaining (0%) subject belongs to Sikh Religion.

There is no significance association between the level of anxiety with their selected socio demographic variables. There is 3%of severe level of anxiety and 21% has mild to moderate level of anxiety have been found in adolescents due to pandemic and mean value is 44.18. The calculated chi square value was less than the table value at the 0.05% level of significance.

Hence null hypothesis was accepted.

**Recommendation:-**

1. A Similar study may be conducted on a larger sample for wider generalization.
2. An Experimental study can be conducted to find out the factors associated with anxiety.
3. The study may be conducted at different setting.

**Conclusion:-**

The study concludes that there is no significant association between the level of anxiety with their selected socio demographic variables.