

## ANXIETY LEVEL OF CLASS X AND XII STUDENTS OF MANIPUR, AMIDST COVID 19 PANDEMIC

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**Abstract:** The aim of the study was to find out whether class X and XII students of Manipur are having anxiety or not during the covid 19 pandemic regarding their upcoming board examination. For the purpose of the study random sampling technique was used among the class X and XII students of Manipur. To measure the anxiety level of the students Patient Health Questionnaire (GAD-7 Anxiety) developed by Dr. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke et al. was used. To collect the data from the students, e-platform (through social media) was used and three hundred and six (306) students respond (128 class X and 178 class XII students). After collecting the data, the approximate severity of anxiety level of the students was calculated and found out that the majority of the students were having moderate anxiety and thus it results that the students of class X and XII students of Manipur are having anxiety regarding their upcoming board exam. The study concludes that the Government of Manipur and school authorities should execute a proper planning to prevent from anxiety among the students. Proper sports time and exercises is highly recommended activities to prevent from anxiety among students

**Key Words:** Anxiety, GAD-7 Anxiety Questionnaire, Moderate Anxiety, Covid 19 Pandemic

### 1. INTRODUCTION:

According to Oxford dictionary, anxiety is a feeling of worry, nervousness, or unease about something with an uncertain outcome. Anxiety is common to all. As long as the human civilization develops, anxiety will also increase to all as there is increase in competition, lack of physical activities, time management, etc. But in these recent years due to Covid-19 pandemic, anxiety affect to all classes of society. Slowly, the fear of the pandemic was decrease and most of activities were return to normal but educational institutions were not fully run in Manipur. In school life of a person, class X and XII board examination is regarded as one of the most important examination and turning point of our life. After passing class X examinations students would choose their appropriate stream of study such as Science Stream, Humanities Stream, Commerce Stream etc. and after Class XII they would choose their specific favourite course of study. Thus, the students were needed to conduct the class properly in order

to get their knowledge as well as to know their passion line. But due to the corona pandemic, classes were conducted though online mode only. In online classes, even though the teachers try to explain their lesson properly, the students were not able to understand fully because most of the students neglect their classes. Moreover, the rate of using mobile phones was also increase to a large extent in the name of online classes. Thus, most of the students didn't learn their lessons properly so there was a high chance of having anxiety about their examination especially class X and XII students.

## **2. METHODOLOGY:**

### **2.1.Selection of Subjects**

For the purpose of study, a random selection of subjects was applied among the class X and XII students of Manipur and selected three hundred and six (n=306) subjects from both class X and XII students. The age of subjects were ranging from 14 to 19 years.

### **2.2.Selection of Test Item**

For collecting data of the study, Patient Health Questionnaire (GAD-7 Anxiety) developed by Dr. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke et al. (1999) containing seven (7) questions was used. This questionnaire is widely used by many psychologists and therapists for measuring the severity of anxiety of people or patients. This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of "not at all," "several days," "more than half the days," and "nearly every day." The total score for the seven items ranges from 0 to 21 and shows the severity of anxiety from minimal to severe anxiety.

### **2.3.Collection of Data**

The data was collected through social media (watsapp, facebook and instagram) in the form of Google Form. The questionnaire was sent in the form of Google Form in watsapp, facebook and instagram and collected the response.

### **2.4.Statistical Analysis**

To know the anxiety level of the selected subjects of the study, descriptive statistics was employed.

## **3. RESULTS:**

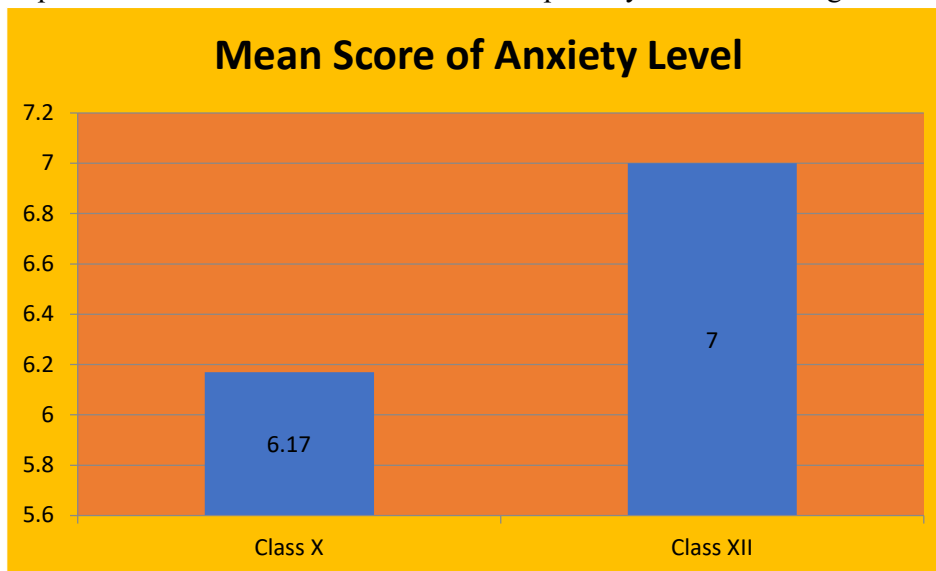
The descriptive statistical analysis was employed to know the level of anxiety among the Class X and XII students of Manipur and the findings pertaining to this have been shown in table 1 below:

**Table -1. Descriptive statistical analysis of anxiety level of Class X & XII students of Manipur**

Class X & XII Students	<b>N</b>	<b>Mean</b>	<b>Std. Dev.</b>	<b>Std. Error</b>	<b>Median</b>
	360	6.65	5.40	0.31	6

Table 1 reveals the descriptive mean and median score of anxiety level of Class X and XII students of Manipur was 6.65 and 6 respectively. According the Patient Health

Questionnaire (GAD-7 Anxiety), the score of 6.65 and 6 falls in the category of Mild Anxiety. The descriptive mean of Class X and XII students separately shown in the figure 1 below:



**Figure 1. Mean Scores of Class X and XII Student's Anxiety Level**

Figure 1 also reveals that the descriptive mean scores of Class X and XII students of Manipur were 6.17 and 7 respectively which falls in the category of Mid Anxiety.

#### **4. DISCUSSION:**

The study was focus on knowing the anxiety level of Class X and XII students of Manipur amidst covid 19 pandemic and become closer to their board examination using Patient Health Questionnaire (GAD-7 Anxiety) developed by Dr. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke et al. (1999) containing seven (7) questions. After statistical analysis of the Data collected through the social media in the form of Google Form, it was found out that the maximum of the class X and XII student of Manipur were in the level of Mild Anxiety which means that students are having some anxiety. It might be due to the negligence of the students during the online class or it might also they cannot learn their lesson through visual classes. Another reason might also be that the students were spending their time mostly on mobile phones in the name of online classes. Again, from the above figure 1 it come to know that the mean score of class XII students were little bit higher than class X students, even though they all fall in the category of Mild Anxiety, class XII students were more conscious about their career than class X students as from class XII board examination they would prefer to a specific subject or line to continued their career.

#### **5. CONCLUSION AND RECOMMENDATION:**

Researchers hypothesized this study that the students of Class X and XII students of Manipur would have anxiety amidst covid 19 pandemic and become closer to their board examination. From the result of statistical analysis of the collected data from the subjects it also found that the descriptive mean score of maximum students of class X and XII were fallen into the Mild Anxiety category according to Patient Health Questionnaire (GAD 7 Anxiety)

and thus the study concludes that the students of Class X and XII of Manipur were having anxiety. Into this conclusion the Researchers would like to recommend that the Government of Manipur, the school authority and the parents of the students should develop an appropriate strategy to reduce the workload to the students and make a favourable environment in their home and took a keen eye to their children about using mobile phones. Taking part in physical activity like walking, running or playing are highly recommended for the purpose of reducing anxiety.

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