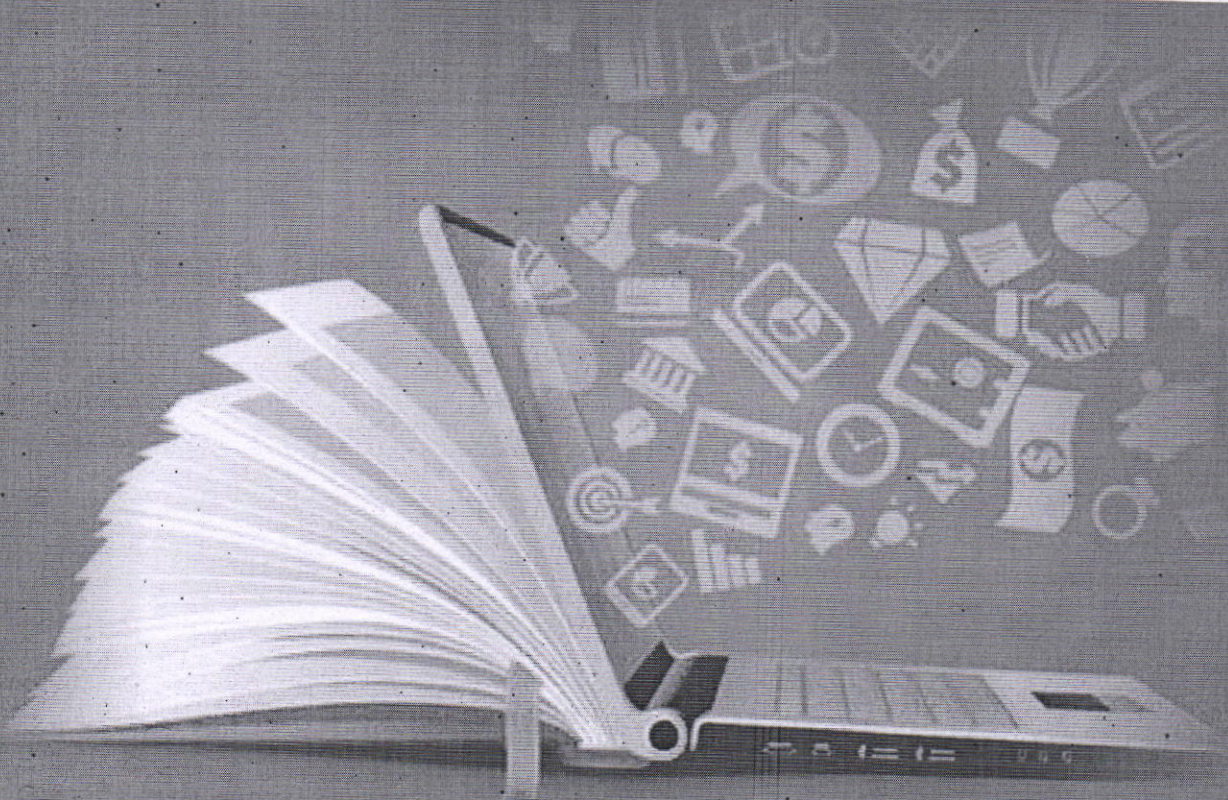


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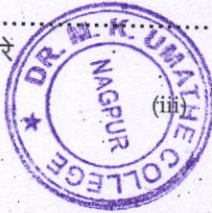
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A Study on Mental Health of Academic Educators During COVID-19 Pandemic Situation in Nagpur

Mr. Apurba Pal
Director of Physical Education
Dr. M. K. Umathe College, Nagpur

Abstract:

The main aim of this research paper is to know the mental health of the Academic Educators during COVID-19 Pandemic Situation in Nagpur. This paper helps to find out the present status of Depression, Anxiety and Stress level during pandemic situation over the last month. For the study sixty-two (62) Academic Educators selected as sample. Types of equipment used for the collection of data of Mental Health is measured by The Depression, Anxiety and Stress Scale developed by Lovibond, S.H. & Lovibond, P.F. (1995). The data are collected by the researcher by using google form. In the current research, it was seen that the 50 % Academic Educators had endured normal psychological well-being. Over 35 % of Academic Educators had endured mild and moderate psychological well-being. Approximately 15 % of Academic Educators had endured serious and incredibly extreme emotional well-being during COVID-19 pandemic over the previous month.

Keywords: COVID-19, Mental Health, Academic Educators, Pandemic

Introduction:

The first case of the COVID-19 in India was reported on 30 January 2020 (Wikipedia, 2020) that time there were only three cases caught in the state of Kerala in India. After some time, several cases were recorded all over the India, that took the form of an epidemic. On 22 March 2020, India observed, the consequences are going to be very bad and therefor big decisions like public curfew and lockdown had to be made.

That was the horrible situation for the people. That time Every human being was going through the mental tension. It made feel more worse when day by day it become more pandemic.

Emotional, psychological, and social well-being deal with mental health. It affects how we think, feel, and act. It also helps to control how we handle stress. Mental health is important at every stage of life, from childhood and adolescence through adulthood. If we suffer in mental health, your thinking and behavior could be changed. (Services, 2019)

Purpose of the study:

The purpose of the study was to find out the mental health of the Academic Educators during COVID-19 Pandemic Situation in Nagpur.

Significance of the study:

1. The study is used to know the present status of the mental health of the Academic Educators during COVID-19 Pandemic Situation in Nagpur.
2. This study helps to know their present status of Depression of the Academic Educators during COVID-19 Pandemic Situation in Nagpur.
3. This study helps to know their present status of Anxiety of the Academic Educators during COVID-19 Pandemic Situation in Nagpur.
4. This study helps to know their present status of Stress of the Academic Educators




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during COVID-19 Pandemic Situation in Nagpur.

Methodology:

This research study was using the techniques of online survey method. An online questionnaire was developed using google forms. The link of the questionnaire was sent through WhatsApp and other social media to collect data. On receiving and clicking the link the participants got the questioner, which the participants were to answer. It was an online study. Those Participants could access the mobile or laptop and also was using the internet, they only gave their answer in this survey. Participants with age more than 18 years, able to understand English. The data collection was started on 2nd May 2020 and closed on 5th May 2020. We were able to collect data from Nagpur district. Types of equipment used for the collection of data of Mental Health is measured by The Depression, Anxiety and Stress Scale developed by Lovibond, S.H. & Lovibond, P.F. (1995). There were 21 multiple choice questions in the Depression, Anxiety and Stress Scale. It is a set of three self-report scales designed to measure the emotional states of depression, anxiety and stress. The depression section contained 7question, the anxiety section contained 7question and the stress section contained 7question that were to be rated in the 4-point Likert scale format. Descriptive statistics have been used in the study to analyze the findings. Mean and proportions have been used to estimate the results of the study.

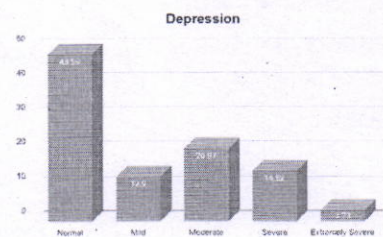
Analysis of data:

In order to know the mental health of the Academic Educators, 21 questions were asked on the questionnaire according to the

Depression, Anxiety and Stress Scale. The detail of response taken from the Academic Educators in Nagpur district. Total sixty-two (62) Academic Educators are responded. Among the participants, 15 % were females and 85 % were males.

Status of Depression of the Academic Educators	
Table - 1	
	Depression
Normal	48.39 %
Mild	12.9 %
Moderate	20.97 %
Severe	14.52 %
Extremely Severe	3.23 %

As shown in Table -1, More than 48.39 % of Academic Educators were Normal Depression level during COVID-19 pandemic over the past month. 12.9 % of Academic Educators were Mild Depression level during the pandemic situation. About 20.97 % of Academic Educators were Moderate Depression level over



the past month. Approximately 14.52 % of Academic Educators were Severe Depression level during COVID-19 pandemic over the past month and about 3.23 % Academic Educators were Extremely Severe Depression level during COVID-19 pandemic situation. The graphical presentation was shown in Fig- 1.

Graphically Presentation of Depression level of the Academic Educators Fig- 1

Status of Anxiety of the Academic Educators

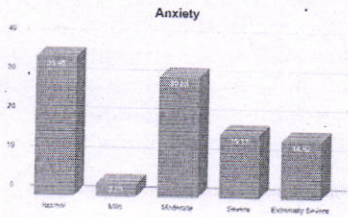


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Table - 2

Anxiety	
Normal	35.48 %
Mild	3.23 %
Moderate	30.65 %
Severe	16.13 %
Extremely Severe	14.52 %

Table -2 shown that More than 35.48 % of Academic Educatorss were Normal Anxiety level during COVID-19 pandemic over the past month. 3.23 % of Academic Educatorss were Mild Anxiety level during the pandemic situation. About 30.65 % of Academic



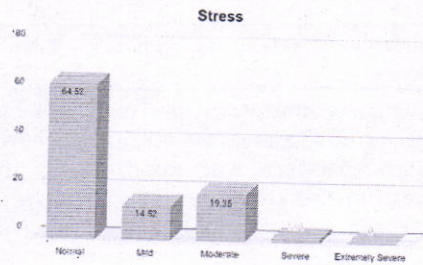
Educatorss were Moderate Anxiety level over the past month. Approximately 16.13 % of Academic Educatorss were Severe Anxiety level during COVID-19 pandemic over the past month and about 14.52 % Academic Educatorss were Extremely Severe Anxiety level during COVID-19 pandemic situation. The graphical

presentation was shown in Fig- 2.
 Graphically Presentation of Anxiety level of the Academic Educators
 Fig- 2
Status of Stress of the Academic Educators -
 Table - 3

Stress	
Normal	64.52 %
Mild	14.52 %
Moderate	19.35 %
Severe	1.61 %

Extremely Severe 0 %

Drawing from the data given in Table - 3, More than 64.52 % of Academic Educatorss were Normal Stress level during COVID-19 pandemic over the past month. 14.52 % of Academic Educatorss were Mild Stress level during the pandemic situation. About 19.35 % of Academic



Educatorss were Moderate Stress level over the past month. Approximately 1.61 % Academic Educatorss were Severe Stress level during COVID-19 pandemic over the past month and no Academic Educatorss were Extremely Severe Anxiety level during COVID-19 pandemic situation. The graphical presentation was shown in Fig- 3.

Graphically Presentation of Stress level of the Academic Educators

Fig- 3

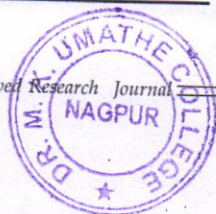
Discussion:

To know the mental health of the Academic Educators, we have to understand the overall importance of the Depression, Anxiety and Stress level of Academic Educatorss during COVID-19 pandemic situation.

Status of Depression, Anxiety and Stress level of the Academic Educators

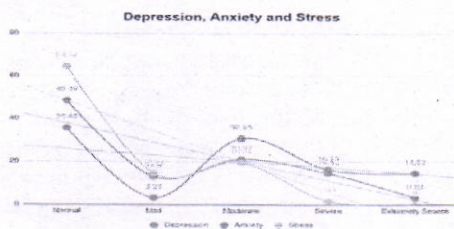
Table - 4

	Depression	Anxiety	Stress
Normal	48.39 %	35.48 %	64.52 %
Mild	12.9 %	3.23 %	14.52 %



Moderate	20.97 %	30.65 %	19.35 %
Severe	14.52 %	16.13 %	1.61 %
Extremely Severe	3.23 %	14.52 %	0 %

Drawing from the information given in Table 4, the trend of Anxiety showed that the normal level of Anxiety was much lower than depression and stress but it was shown that the severe and extremely severe level was



higher than depression and stress. The other trend showed that the normal level of stress was higher than depression and anxiety but it was shown that that the severe and extremely severe level were lower than depression and anxiety. The trend of depression was carried the middlemost level in the case of normal and also in severe and extremely severe level. The graphical presentation was shown in Fig- 4.

Graphically Presentation of Depression, Anxiety and Stress level

Fig- 4

Limitations:

The study is limited to the Academic Educators who had smartphones, Whats app and the

ability to English reading and writing. This research depends on the Academic Educators in Nagpur. so, it should not present to the entire population. The Depression, Anxiety and Stress may be different from other people.

Conclusion:

In the present study, it was observed that the 50 % Academic Educators had suffered normal mental health during COVID-19 pandemic over the past month. Above 35 % of Academic Educators had suffered mild and moderate mental health. And Approximately 15 % of Academic Educators had suffered severe and extremely severe mental health.

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