



ESTIMATING THE PREVALENCE OF POST- COVID STRESS AMONG HOMOEOPATHIC STUDENTS OF MNR HOMOEOPATHIC MEDICAL COLLEGE- A CROSS SECTIONAL SURVEY

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Abstract

Stress is a feeling of not being able to cope with specific needs and events. It is a part and parcel of persons life. Stress can be a motivator, and can be essential for survival, but a persistently negative response to challenges can have bad effect on health and happiness. Covid -19 pandemic has caused disturbance to the livelihood of people. It had shown its exemplary influence in the psychological health of youth. Because of the impact of covid-19, the prevalence of stress on young generation is been increasing day by day. In this scenario, this study was conducted to find the prevalence of stress among homoeopathic medical students of MNR Homoeopathic medical college of Sangareddy district Telangana.

Using a purposive sampling method, an online survey using Perceived Stress Scale questioner was send to covid positive students (turned positive in last 2 months) of MNR Homoeopathic medical college, Sangareddy were asked to fill the questioner via Google form. The statistical scores for the responses were calculated and analysis was performed.

In this study overall 96% of the study participants are stressed where 8% students with low stress,56% students with moderate stress,24% are having high perceived stress.

Early screening will help for early detection of stress so that interventions either supportive or medicinal can be provided in the very early stage according to the scores so that we can take concrete steps towards improvement of students mental health by guidance and counseling services there by promote their psychological, social and emotional wellbeing.

Keywords: Stress, Students, Prevalence, Perceived Stress Scale questioner, Sangareddy.

Introduction

Stress is a false alarm in the brain which is stimulated in response to a danger signal. The vital purpose of stress is to prepare us to fight against real physical danger. Stress helps a person to adapt in a new environment¹. Stress is a necessary part of life. It is always with us. It is spice of life for some, while to others it is a source to be avoided at any cost. It can come from any event or thought that makes you feel frustrated, angry, or nervous. The stress response is determined by our perception of an event, transition, or problem. Stress means different things to different people². What causes stress in one person may be of little concern to another. Some people can handle stress very easily than others. And, not all stress is bad. In small doses, stress can help you accomplish tasks and prevent you from getting hurt³.

There are two main types of stress:

1. Acute stress: It is short-term stress that goes quickly. It occurs because of some events which happen suddenly. It also occurs when you do something new or exciting. Every human have acute stress at one time or another.
2. Chronic stress: This is stress that lasts for a long period of time. You may have chronic stress if you have financial problems, an unhappy marriage, family disputes or trouble at work. Any type of stress that continues for a week or months is chronic stress. If not managed properly may lead to health problems⁴.

Because of covid 19 infection, extreme changes had taken place in each and every student life. An expeditious change in the mode of learning from offline to online classes, spending round the clock at home without social interactions and financial crisis which occur within the family had activated stress.

A study was done on the topic Stress and Health: Psychological Behavioral and Biological Determinants by Neil Schneiderman, Gail Ironson, Scott D Siegel and it was published in National Library of Medicine. In this study they found that psychosocial stressors influence mental health and psychosocial treatments can ameliorate both mental and physical disorders so they concluded their study that there is a relationship between stress and health⁸.

In a research article titled, "Anxiety and depression in COVID-19 survivors: Role of inflammatory and clinical predictors" published in journal Brain, Behaviour and

Immunity In this study they found Covid 19 survivors are presenting with high prevalence of psychiatric sequel like anxiety depression etc⁹.

Dr Deepti Bhargava & Hemant Trivedis had done a Study of causes of stress and stress management among youth, They found that youths are having high stress and usually depression and headache are more among students because of continuous stress .The main causes they identified is relationship stress, financial, psychological stress and career related. Their findings are published in International Journal of Management & Social Sciences¹⁰.

Yuan yuan and team had done a study on Prevalence of post traumatic stress symptoms and its associations with quality of life, demographic and clinical characteristics in Covid-19 survivors during the post covid-19 Era In this study they found post traumatic stress level is high in covid-19 survivors¹¹.

Psychiatric consequences to Covid 19 infection can be caused by both immune responses to virus itself or by psychological stressors such as social isolation, concerns about infecting others, psychological impact of severe and potentially fatal illness⁵.

When a person is in stress, his body will release adrenaline, norepinephrine and cortisol. These hormones makes a person's brain more alert, cause your muscles to tense, and increase your pulse. In the short term, these reactions are good because they can help you handle the situation causing stress. *Right* amounts of cortisol can be life saving⁶. It helps to maintain fluid balance and blood pressure. But when you are in chronic stress the body *continuously* releases cortisol, and chronic elevated levels can lead to serious issues. Because of Covid-19 pandemic every individual is in constant stress and once a person get covid infection it will ignite his stress level and can leads to emotional problems such as depression, panic attacks or other forms of anxiety disorders⁷.

Once a person got covid infection his stress levels will increase so in this study we want to know the severity of stress youth is going through and we want to know the prevalence of stress in MNR Homoeopathic students after infecting with covid.

Materials and Methods

In this cross sectional prevalence study using non randomized purposive sampling method by an online survey using Perceived Stress Scale questioner via Google form was send to first, second, third and fourth BHMS students of MNR

Homoeopathic medical college, Sangareddy, Telangana State. This study was done on February 2022. Students who turned covid positive between December 2021 and January 2022 months had participated in the study. Their scoring was then calculated, assessed and analyzed by the feedback obtained from Perceived Stress Scale questioner to evaluate the degree of Stress.

Table no. 1: Screening questioner send to students in online mode

Name:	
Age:	
Studying in which year of BHMS:	
When you turned covid positive:	
Which treatment adopted:	
Whether hospitalized:	
Within how many days you had recovered	

Table no 2: Perceived Stress Scale Questioner:

S NO	How often have you been bothered by any of the following problems after Covid infection?	Never	Very Rarely	Some times	Often	Frequently
1	In the last month, how often have you been upset because of something that happened unexpectedly?					
2	In the last month, how often have you felt that you were unable to control the important things in your life?					
3	In the last month, how often have you felt nervous and stressed?					
4	In the last month, how often have you felt confident about your ability to handle your					

	personal problems?					
5	In the last month, how often have you felt that things were going your way?					
6	In the last month, how often have you found that you could not cope with all the things that you had to do?					
7	In the last month, how often have you been able to control irritations in your life?					
8	In the last month, how often have you felt that you were on top of things?					
9	In the last month, how often have you been angered because of things that happened that were outside of your control?					
10	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?					

Table no 3: Scoring criteria of Stress according to Perceived Stress Scale

Questioner:

Total Score:	Scores of Stress
0	No Stress
0-13	Low Stress
14-26	Moderate Stress
27-40	High Perceived Stress

Results

The study was done in online mode (Google form). Students of MNR Homoeopathic medical college who turned positive between December 2021 to January 2022 months were included in this study. This study was done on February 2022. 75 students participated in this study, where 72 students are stressed in the post covid infection period, in which 6 students were having low stress, 42 students with moderate stress, 24 students had shown high perceived stress.

Table no 4: Prevalence of Stress

S No	Scores of stress	Number of students
1.	No Stress	3
2.	Low Stress	6
3.	Moderate Stress	42
4.	High Perceived Stress	32

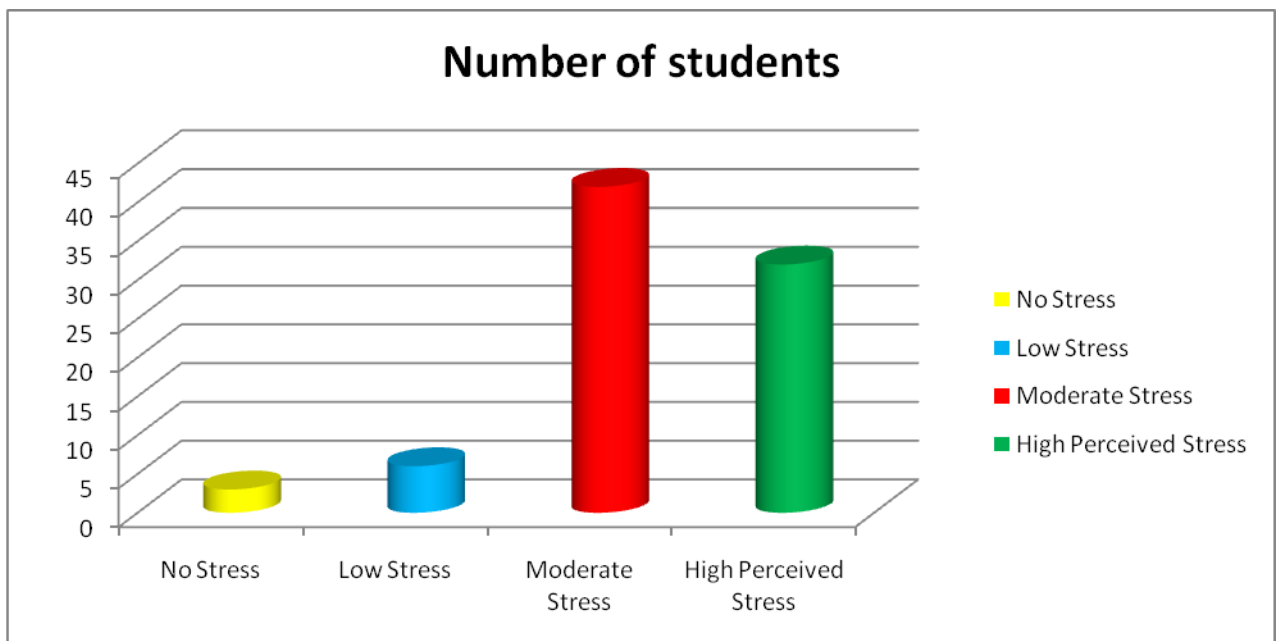


Figure 1: Prevalence of stress

Discussion

Stress is the body's reaction to harmful situation..Because of covid pandemic there is surge in the prevalence of stress among youth. Among 350 students, 75 students turned positive during 3rd wave of Covid which accounts to 21%. Among these 75 students, 96% of students showed various scores of stress where 8% students with low stress,56% students with moderate stress,24% are having high perceived stress.

Among 16 male students 14 were having depression which is 87.7%. In 59 female participants 52 students were having depression which accounts to 88.1%. Therefore, no significant difference in prevalence of depression was found between male and female.

Conclusion

In this study overall 96% of the study participants are stressed. Learning to manage stress requires time and effort, but it can help to prevent physical symptoms and complications. Making time for exercise, socializing, and relaxing activities can help. Chronic stress may require professional medical advice to treat and manage. Identifying stress symptoms and treating by homoeopathy can help improve a person's long-term health and well-being.

Early screening will help for early detection of stress, so that intervention can be assisted by either supportive counseling or necessary medication according to the needs and scores of stress.

Further there is a need to assess the post covid stress in larger scale to help them overcome at the earliest.

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