

## The Psychological Impact of the Covid-19 Pandemic on College Students in Mumbai

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### Abstract

A COVID-19 pandemic has been spreading all over the world since December 2019. The pandemic has brought not only the risk of death from infection but also unbearable psychological pressure. The COVID 19 pandemic has created a mental health crisis among college students all over the world due to lockdown restrictions, overwhelming numbers of COVID-19 cases, financial difficulty, etc. This mental health crisis has led to high degrees of fear, anxiety, and depression among college students.

The objective of this study was to estimate the psychological condition of college students during a pandemic and explore factors that prompt their anxiety. This cross-sectional web-based study was conducted using a Google Forms questionnaire. The Google Form included a questionnaire on GAD-7 (7 - item Generalized Anxiety Disorder Scale) and those inquiring about the participant's basic information. Thus, both qualitative and quantitative analyses were performed in the study. It is suggested that the mental health of college students should be monitored during a pandemic. The estimates of the strengths of associations were demonstrated by the odds ratio (OR) with a 95% confidence interval (CI), which was used to evaluate the association.

**Keywords:** COVID-19, College students, pandemic, Psychological .

### INTRODUCTION

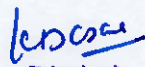
Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. The novel coronavirus has spread very quickly all over the world, causing an outbreak of severe infectious pneumonia. The pandemic brought a risk of death and psychological pressure on people in the rest of the world. Due to the continuous spread of the pandemic, strict isolation measures and the starting of schools, colleges, and universities across the world were delayed is expected to influence the mental health of college students.

The 7-item Generalized Anxiety Disorder scale (GAD-7) is one of the most frequently used

diagnostic self-report scales for screening, diagnosis, and severity assessment of anxiety disorder, which is the first self-reported questionnaire developed for primary care, to aid the diagnostic process of the specific disorder. The GAD-7 takes very little time to complete and is easy to score. GAD-7 is the most widely used measure of anxiety used in clinical practice and research due to its diagnostic reliability and efficiency. It can be useful for the assessment of the severity of anxiety disorder, diagnosis, and screening, as well as for post-traumatic stress disorder, social phobia, and panic disorder.

Methods of guiding students to regulate their emotions effectively and appropriately during



  
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