COMMON MENTAL DISORDERS DURING COVID 19 PANDEMIC PERIOD:
A STUDY AMONG COLLEGE STUDENTS OF WEST BENGAL, INDIA

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ABSTRACT

During the eruption of COVID-19, the nationwide rule of home quarantine and academic closure may distress the mental depression of college students. However, limited studies have explored the mental depression of college students during the COVID-19 pandemic. The objectives of the study were to identify the existence of depression of the college student during COVID-19 pandemic. The study is based on Survey method. The data were collected through questionnaires on google form, from a sample of 120 college students of West Bengal has been selected. The study discovered there is no significant difference between Rural and Urban, Blended and Nuclear family college students of mental Depression. Both the male and female college students are also not affected by mental depression. The work concludes that the college students are not affected in their academic field due to COVID-19 pandemic. But in the view of results researcher finds some anxiety disorders as a mental disorder among the college students.

Keywords: COVID-19, Mental Health, Depression, Anxiety, College Student.

I. INTRODUCTION

Corona virus Disease 2019 (COVID-19) was first identified in December 2019 in the city of Wuhan, Hubei Province, China, In a short period of time with rapid efforts around the world. The World Health Organization (WHO) has declared this epidemic as pandemic. The entire country has been in lockdown since March 25, 2020 due to the ongoing COVID-19 pandemic, and by the time the authors wrote this article, it has completed 90 days of lockdown. In the third week march 2020, the state government of West Bengal started closing all public places, including educational institutions, to evade public gatherings. The lockdown process is affecting the individual not only at the individual level but also at the wider society level. The lockdown brings a variety of tremors like social, economic health and mental tremors. The pandemic has brought unbearable stress. Sudden lockdown creates some psychological problems and crisis for students. The mental health of the students is being disrupted due to several issues, like, for the closure of educational society, for not meeting face to face with friends, for not being able to go out of the house, for family unrest, for not being able to get proper guide and coaching, for future uncertainty etc. Due to those reasons, different mental disorders are developing among the students. Students mood disorders are appearing among the students. There is feeling of sadness, anxiety, loss or sudden anger in them, which is disrupting daily life of the students. They started to feeling down or hopeless due to interruption of daily life. Every student is struggling to adapt to this new normal life. Now mental depression and anxiety disorders has become a part of every students' life. This study tries to estimate the depression parameter of the college student and the bad impact of different mental disorders on their day to day lives of the student during COVID-19 period.

II. LITERATURE REVIEWS

Xiong, J., Lipsitz, O., Nasri, F., Lui, L. M., Gill, H., Phan, L., ... & McIntyre, R. S. (2020) conducted a systematic search on depression and revealed that there were relatively high rates of symptoms of depression and reported that 14.6% to 48.3% rates of depression were associate with female gender students during COVID-19 outbreak.
Corey H. Basch (2020) directed a clear report and found that the COVID-19 pandemic is having a huge negative effect on psychological well-being of students. Elevated levels of gloom were related with troubles in zeroing in on scholarly work and with business misfortunes, while more significant levels of nervousness were bound to be accounted for by understudies other than rookies and the individuals who go through over one hour of the day searching for data on COVID-19.

Islam, Md. Akhtarul. Barna, Sutapa. Raihan, H. Khan, N. and Hossain, T. (2020) surveyed by normalized e-questionnaire and students were encountering uplifted misery. Around 15% of the college students apparently had reasonably serious sorrow, the paired calculated relapse proposes that more established understudies have more noteworthy wretchedness (OR = 2.886, 95% CI = 0.961–8.669).

Dartmouth College. (2020) study shows that College students were more restless and discouraged during the underlying episode of COVID-19 than they were during comparative time periods in past scholastic years, as indicated by a Dartmouth study.

Casded, F and Cummin, B (2020) uncovered that there was no critical distinction found in the psychological wretchedness of male and female college students. In this way, there is no huge distinction among male and female based on the psychological depression were recovered in the investigation, and furthermore there was no critical contrast had found in the psychological melancholy of Urban and Rural understudies. Hence there was no critical distinction among Urban and Rural undergrads based on mental wretchedness.

The reviews also recognized restricted information on the demonstrative test precision of screening measures in the distinctive sample and population. Similarly, as with the clinical preliminary information, most of the examinations were not led in the West Medinipur locale and studies were not led upon college students, thus, the researcher has been accepted the research topic as "Common Mental disorders during COVID 19 pandemic period: A study among College students of West Bengal, India”.

III. STATEMENT OF THE PROBLEM

The researcher has been taken the problem as

“Common Mental Disorders During Covid 19 Pandemic Period: A Study Among College Students Of West Bengal, India.”

Dimension of Mental Disorders Selected for the Study

- Mental Depression
- Anxiety Disorder

(These two dimensions are selected after reviewing the related literature)

IV. OBJECTIVES OF THE STUDY

Some emerging queries regarding aims and objectives of the study are:

- To find the level of depression (during pandemic) of college students studying in West Bengal, India.
- To make a comparative analysis of mental depression (a) gender wise (b) locality wise and (c) family type among college students studying in West Bengal, India.
- To study the extent of Anxiety Disorder present among the college students studying in West Bengal, India.
- To suggest remedies for strengthening the sound mental health of college students studying in West Bengal, India

V. HYPOTHESES

To fulfill the above objectives the following hypothesis are formulated:

Ho1: There will be no significant difference between Rural and Urban college student of mental Depression.
Ho2: There will be no significant difference of Mental Depression between Blended and Nuclear family college student.

Ho3: There will be no significant difference of Mental Depression between male and female college student in Blended family.

Ho4: There will be no significant difference of Mental Depression between male and female college student in Nuclear family.

VI. OPERATIONAL DEFINITION OF THE TERMS

Mental Depression

Depression is a perspective issue that incorporates a persistent assessment of harshness and loss of interest. It isn’t exactly equivalent to the mien instabilities that people reliably insight as a bit of life. Huge life capacities, for instance, hardship or the takeoff of a work, can incite Depression. In any case, experts simply accept assumptions of agony to be basic for Depression in case they proceed. Wretchedness is a constant issue, not a passing one. It contains scenes during which the signs prop up for at any rate fourteen days. Wretchedness can prop up for a brief period, months, or years.

Depression is a common mental issue impacting more than 264 million people the world over. It is depicted by constant hopelessness and a nonappearance of interest or have a great time previously satisfying or pleasing activities. It can moreover annoyed rest and appetite; languor and vulnerable obsession are ordinary. Depression is a primary wellspring of impairment all over and contributes fundamentally to the overall load of sickness. The explanations behind Depression join complex interchanges between social, mental and common factors. Life capacities, for instance, youth hardship, adversity and joblessness add to and may catalyze the headway of Depression. (WHO)

Anxiety Disorder

Anxiety is a common reaction to extend and can be beneficial in specific conditions. It can make us mindful of risks and help us with preparing and core interest. Anxiety issues shift from average suppositions of trepidation or anxiousness, and incorporate over the top fear or anxiousness. Anxiety issues are the most broadly perceived of mental issues and impact practically 30% of adults in the long run in their lives. In any case, Anxiety disorders are treatable and different effective drugs are available. Treatment empowers by far most to lead run of the mill gainful lives.

Gender

Gender is a socially fabricated importance of Women and men. It isn't identical to sex (natural ascribes of Women and men) and it isn't comparable to Women. Gender is directed by the start of tasks, limits and occupations credited to Women and men in the public field and straightforwardly and private life. The world wellbeing hierarchical details 'Sex' implies the characteristic and physiological characteristics that describe people, and 'sex' insinuates the socially manufactured positions, practices, activities and properties that a given society consider fitting for individuals.

Family Type

Researcher discussed about two types of family, i.e.

(a) Blended: A blended family is one where the guardians have children from previous marriages, and all people meet as one unit. A blended family's fundamental sense, also referred to as a step family, reconstituted family, or a dynamic family, is a unit family where either or both guardians have young people from a previous relationship, and they have entered another family to frame it. The guardians may be in a similar sex or hetero relationship and may not have young people with each other.

(b) Nuclear: A family in which a child is a child Living with two biological parents who are married, and with full siblings only, if there are siblings. Two parents and their children are the general definition of a nuclear family. Only when they're young enough to live with their parents are children included.

Areas: Researcher discussed about two types of areas, i.e.

(a) Urban: The zone that encompasses a city is an Urban Area. There are non-horticultural positions for most occupants in Urban Area. Metropolitan territories are exceptionally evolved, which implies that human
structures, for example, homes, business structures, streets, extensions, and railroads are thickly densified.

(b) Rural:
A huge zone of land that has scarcely any homes or different structures, and not very numerous occupants, is a rural area. The populace thickness of country areas is low. In a town or metropolitan region, numerous individuals work. Their homes and organizations are arranged near one another. There are less people in a country region, and their homes and organizations are arranged a long way from one another. In most rural areas, farming is the essential business.

VII. DELIMITATIONS
The peripheries of the research are delimitations, keeping in mind the lack of time and the region of the research is restricted. The variables of time, resources, location and the area of the study were restricted when subject to several constraints, i.e., Students of General Degree college of West Bengal, India.

- The present study is delimit to West Bengal, India.
- The study is delimited to General Degree college students affiliated by different Universities of West Bengal, India.

VIII. SIGNIFICANCE OF THE STUDY
College students were more depressed and anxious during the underlying Covid disease 2019 (COVID-19) flare-up than they were during similar time periods in past scholarly years. As per the World Health Organization, the COVID-19 pandemic has caused in excess of 661,000 passing’s around the world, and in excess of 16 million affirmed cases. During the underlying flare-up, College students, a large number of whom were at that point discouraged, announced an ascent in despondency and tension.

Due to the frozen situation of world and closure of colleges, all academical activities were stopped and due to uncertainty of future studies, college students falling depressed by thinking their future and further steps towards their academic goal. In this inactive situation of colleges, students getting mentally depressed.

This study tries to find out the source of the mental disorders, specifically mental depression and anxiety disorders in various aspects and the reason of the mental depression of the college students and lastly, researcher have tried to find ways to avoid day to day mental disorders.

IX. METHODOLOGY

Variables
Major Variable - Mental Depression
Definite Variables -
- Gender (Male and Female)
- Family (Blended and Nuclear)
- Area (Urban and Rural)

Population
The population of this study includes students of General Degree colleges of West Bengal, India.

Sample
For the determination of the current study 120 college students of West Bengal from the different degree colleges has been chosen randomly. The sample was included the college students in regard with Urban and Rural, Blended and Nuclear Family and Male and Female College students. All out no. of 135 college students were chosen for this study. It is discovered that 120 college students contained the genuine sample.
Table 1: Distribution of sample in respect with Definite Variables

<table>
<thead>
<tr>
<th>Variable</th>
<th>Category</th>
<th>Frequency (sample)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender</td>
<td>Male</td>
<td>60</td>
<td>50%</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>60</td>
<td>50%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>120</strong></td>
<td><strong>100%</strong></td>
</tr>
<tr>
<td>Family Type</td>
<td>Blended</td>
<td>55</td>
<td>46%</td>
</tr>
<tr>
<td></td>
<td>Nuclear</td>
<td>65</td>
<td>54%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>120</strong></td>
<td><strong>100%</strong></td>
</tr>
<tr>
<td>Area</td>
<td>Urban</td>
<td>70</td>
<td>58%</td>
</tr>
<tr>
<td></td>
<td>Rural</td>
<td>50</td>
<td>42%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>120</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Tool
A standardized tool has been utilized for the investigation and information assortment by the researcher for this quantitative investigation. The tool which has been utilized for information assortment in this research was-

"MDCSCP"
(Developed by Suman Atta & Dr. Gokul Ch. Patra)

X. DESIGN OF THE STUDY

<table>
<thead>
<tr>
<th>RESEARCH DESIGN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Type</td>
</tr>
<tr>
<td>Variables</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Source of Data</td>
</tr>
<tr>
<td>Sampling Method</td>
</tr>
<tr>
<td>Data Collection Procedure</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Data Analysis Method</td>
</tr>
<tr>
<td></td>
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<td></td>
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<td></td>
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<td></td>
</tr>
</tbody>
</table>
XI. STATISTICAL ANALYSIS OF THE DATA

Researcher presents the data as per the hypothesis of the study and furthermore, data were graphically presented below for conception of the nature of data. The diagrams or graphs give a general picture of the whole data at a glance and are often pleasing to look at. It also assists in the comparison of two or more distributions of frequencies. The researcher used bar diagram in this analysis.

<table>
<thead>
<tr>
<th>Variables</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>S. E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rural</td>
<td>70</td>
<td>78.1</td>
<td>11.1</td>
<td>1.33</td>
</tr>
<tr>
<td>Urban</td>
<td>50</td>
<td>72.7</td>
<td>13.2</td>
<td>1.87</td>
</tr>
<tr>
<td>Family Type</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blended</td>
<td>55</td>
<td>73.9</td>
<td>11.2</td>
<td>1.51</td>
</tr>
<tr>
<td>Nuclear</td>
<td>65</td>
<td>76.2</td>
<td>12.6</td>
<td>1.56</td>
</tr>
<tr>
<td>Blended</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>29</td>
<td>73.8</td>
<td>10.2</td>
<td>1.9</td>
</tr>
<tr>
<td>Female</td>
<td>26</td>
<td>73.9</td>
<td>12.3</td>
<td>2.42</td>
</tr>
<tr>
<td>Nuclear</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>31</td>
<td>75</td>
<td>14.2</td>
<td>2.55</td>
</tr>
<tr>
<td>Female</td>
<td>34</td>
<td>77.4</td>
<td>11</td>
<td>1.88</td>
</tr>
</tbody>
</table>

XII. GRAPHICAL PRESENTATION OF DATA

Fig.-1
Fig. 2

DEPRESSION
Blended Male & Female

Fig. 3

DEPRESSION
Family Type

Fig. 4

DEPRESSION
Nuclear Male & Female
XIII. DATA ANALYSIS AND TESTING OF HYPOTHESIS

**Ho1:** There will be no significant difference between Rural and Urban college student of mental Depression.

**Testing of Null Hypothesis (Ho1)**

**Table-3:** Group Descriptive of Mental Depression of Rural and Urban College Student

<table>
<thead>
<tr>
<th>Category</th>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area</td>
<td>Rural</td>
<td>70</td>
<td>78.1</td>
<td>11.1</td>
<td>1.33</td>
</tr>
<tr>
<td></td>
<td>Urban</td>
<td>50</td>
<td>72.7</td>
<td>13.2</td>
<td>1.89</td>
</tr>
</tbody>
</table>

**Table-4:** Independent Sample t test

<table>
<thead>
<tr>
<th>Area</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>sED</th>
<th>DF</th>
<th>t</th>
<th>Level of Significance</th>
<th>Null Hypothesis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>70</td>
<td>78.1</td>
<td>11.1</td>
<td>2.23</td>
<td>118</td>
<td>0.018</td>
<td>.05=1.98</td>
<td>Accepted</td>
</tr>
<tr>
<td>Urban</td>
<td>50</td>
<td>72.7</td>
<td>13.2</td>
<td>2.28</td>
<td>118</td>
<td>0.018</td>
<td>.05=1.98</td>
<td>Accepted</td>
</tr>
</tbody>
</table>

**Interpretation**

The above table shows that, the obtained ‘t’ value i.e., **0.018** is less than the table value with df 118 at .05 level i.e., **1.98**. Hence the Hypotheses 1 "There will be no significant difference between Rural and Urban college student of mental Depression” is accepted.

**Result**

It has been found that, the mental depression of rural and urban college student does not differ significantly.

**Ho2:** There will be no significant difference of Mental Depression between Blended and Nuclear family college student.

**Testing of Null Hypothesis (Ho2)**

**Table-5:** Group Descriptive of Mental Depression between Blended and Nuclear family College Student

<table>
<thead>
<tr>
<th>Category</th>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Type</td>
<td>Blended</td>
<td>55</td>
<td>73.9</td>
<td>11.2</td>
<td>1.51</td>
</tr>
<tr>
<td></td>
<td>Nuclear</td>
<td>65</td>
<td>76.2</td>
<td>12.6</td>
<td>1.56</td>
</tr>
</tbody>
</table>

**Table-6:** Independent Sample t test

<table>
<thead>
<tr>
<th>Family Type</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>sED</th>
<th>DF</th>
<th>t</th>
<th>Level of Significance</th>
<th>Null Hypothesis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blended</td>
<td>55</td>
<td>73.9</td>
<td>11.2</td>
<td>2.19</td>
<td>118</td>
<td>0.284</td>
<td>.05=1.98</td>
<td>Accepted</td>
</tr>
<tr>
<td>Nuclear</td>
<td>65</td>
<td>76.2</td>
<td>12.6</td>
<td></td>
<td>118</td>
<td>0.284</td>
<td>.05=1.98</td>
<td>Accepted</td>
</tr>
</tbody>
</table>

**Interpretation**

The above table shows that, the obtained ‘t’ value i.e., **0.284** is less than the table value with df 118 at .05 level i.e., **1.98**. Hence the Hypotheses 2 "There will be no significant difference of Mental Depression between Blended and Nuclear family college student” is accepted.
Result

It has been found that, the mental depression between blended and nuclear family college student does not differ significantly.

Ho3: There will be no significant difference of Mental Depression between male and female college student in Blended family.

Testing of Null Hypothesis (Ho3)

Table-7: Group Descriptive of Mental Depression between male and female College Student in blended family.

<table>
<thead>
<tr>
<th>Category</th>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blended Family</td>
<td>Male</td>
<td>29</td>
<td>73.8</td>
<td>10.2</td>
<td>1.9</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>26</td>
<td>73.9</td>
<td>12.3</td>
<td>2.42</td>
</tr>
</tbody>
</table>

Table-8: Independent Sample t test

<table>
<thead>
<tr>
<th>Blended Family</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>SED</th>
<th>DF</th>
<th>t</th>
<th>Level of Significance</th>
<th>Null Hypothesis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>29</td>
<td>73.9</td>
<td>10.2</td>
<td>3.04</td>
<td>53</td>
<td>0.975</td>
<td>.05=2.01</td>
<td>Accepted</td>
</tr>
<tr>
<td>Female</td>
<td>26</td>
<td>76.2</td>
<td>73.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Interpretation

The above table shows that, the obtained 't' value i.e., 0.975 is less than the table value with df 53 at .05 level i.e., 2.01. Hence the Hypotheses 3 “There will be no significant difference of Mental Depression between male and female college student in Blended family” is accepted.

Result

It has been found that, the Mental Depression between male and female College Student in blended family does not differ significantly.

Ho4: There will be no significant difference of Mental Depression between male and female college student in Nuclear family.

Testing of Null Hypothesis (Ho4)

Table-9: Group Descriptive of Mental Depression between male and female College Student in Nuclear family.

<table>
<thead>
<tr>
<th>Category</th>
<th>Group</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuclear Family</td>
<td>Male</td>
<td>31</td>
<td>75</td>
<td>14.2</td>
<td>2.55</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>34</td>
<td>77.4</td>
<td>11</td>
<td>1.88</td>
</tr>
</tbody>
</table>

Table-10: Independent Sample t test

<table>
<thead>
<tr>
<th>Nuclear</th>
<th>N</th>
<th>M</th>
<th>SD</th>
<th>SED</th>
<th>DF</th>
<th>t</th>
<th>Level of Significance</th>
<th>Null Hypothesis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>31</td>
<td>75</td>
<td>14.2</td>
<td>3.13</td>
<td>63</td>
<td>0.456</td>
<td>.05=2.00</td>
<td>Accepted</td>
</tr>
<tr>
<td>Female</td>
<td>34</td>
<td>77.4</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Interpretation
The above table shows that, the obtained ‘t’ value i.e., 0.456 is less than the table value with df 63 at .05 level i.e., 2.00. Hence the Hypotheses 4 “There will be no significant difference of Mental Depression between male and female college student in Nuclear family” is accepted.

Result
It has been found that, the Mental Depression between male and female College Student in Nuclear family does not differ significantly.

XIV. Destiny of Hypothesis

<table>
<thead>
<tr>
<th>Hypothesis</th>
<th>‘t’ test</th>
<th>Inference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ho1: There will be no significant difference between Rural and Urban college student of mental Depression.</td>
<td>t=0.018</td>
<td>Null Hypothesis Accepted</td>
</tr>
<tr>
<td>Ho2: There will be no significant difference of Mental Depression between Blended and Nuclear family college student.</td>
<td>t=0.284</td>
<td>Null Hypothesis Accepted</td>
</tr>
<tr>
<td>Ho3: There will be no significant difference of Mental Depression between male and female college student in Blended family.</td>
<td>t=0.975</td>
<td>Null Hypothesis Accepted</td>
</tr>
<tr>
<td>Ho4: There will be no significant difference of Mental Depression between male and female college student in Nuclear family.</td>
<td>t=0.456</td>
<td>Null Hypothesis Accepted</td>
</tr>
</tbody>
</table>

XV. INTERVIEW SCHEDULE FOR TESTING ANXIETY DISORDER AMONG STUDENTS
After looking at the results of the level of depression, the researcher tries to find the day-to-day adjustment problems of the college students during COVID Period through the interview schedule.

Some examples of questions are-
1) What do you worry about your study?
2) Have you been agonizing over basic things you shouldn’t be stressing over?
3) Can you reveal to me your particular contemplations about college days?
4) Over the previous few months of stressing, have you seen that you have been unsteady, tense? Peevish?
5) What has your rest been similar to?
6) Do you have issues concentrating?
7) Due to closure of colleges, have you ever felt stressed while studying?
8) Did you feel so tragic that nothing could perk you up for in any event a few days?
9) Did you feel significantly less near your companions for at any rate a few days?
10) Were you feeling sleepy practically throughout the day?
11) Have you felt drained or low in energy in any event, when you haven’t been buckling down?
12) Did it require you a ton of exertion to do your ordinary exercises?
13) Did you feel miserable about what’s to come?
14) Did you feel totally useless?
15) Did you feel remorseful?
16) Was your confidence much lower than expected?
17) Did you feel that you experienced much more difficulty adapting to your ordinary obligations?
18) Did you give significantly less consideration to your actual appearance?
19) Did you feel that you needed to be distant from everyone else instead of invest energy with companions or family members significantly more than expected?

In addition to the questions stated above, different questions identified with anxiety, were asked to the college students and they gave their perspectives in such manner. Based on those views, it can be said that almost everyone feels worried, stressed above all anxious in day-to-day life. Out of 120 college students, 98 college students termed as anxious in day-to-day life.

Most boys and girls are under anxiety at various occasions during adapting to everyday activities. There are basically no college students who didn’t experience anxiety during closure of colleges. A portion of these college students couldn’t sleep at night thinking about the future of the study.

![Anxiety Status of College Students](image)

**Fig.--5**

**XVI. MAJOR FINDINGS OF THE STUDY**

- The mental depression of rural and urban college student does not differ significantly.
- The mental depression between blended and nuclear family college student does not differ significantly.
- The Mental Depression between male and female College Student in blended family does not differ significantly.
- The Mental Depression between male and female College Student in Nuclear family does not differ significantly.

It is clear that college students are not affected group by mental depression due to COVID-19 pandemic and due to closure of colleges. But in day-to-day life they are facing problems coping with everyday activities. It is because of different mental disorders, and anxiety is one of these disorders. They are suffering from anxiety disorders due to various obstacles in their studies and adjustment, like, Stress, worried, Boring, tension, hopelessness, lack of concentration, tired etc.

**XVII. CONCLUSION**

For the better life and to adjust in our society, mental health is very much important. Today's life shows more than 95 percent people are mentally not healthy. The current COVID situation has further increased
the probability of mental illness due to various barriers in day-to-day life and among the various mental illness, depression is a mental illness that affects every human being. Students are the most affected by the closure of educational institutes, they are suffering in depression thinking about future steps in academics.

This study reveals that college students are not affected group by mental depression. Researcher sincerely fulfil the objectives of the study by finding the hypothesis and reason of maladjusted behaviour. Researcher finds the mental depression of college student from various dimensions and reveals that College students in each dimension are not suffering from mental depression i.e., there does not exist significant difference of mental depression of rural and urban, blended and nuclear as well as male and female college students of West Bengal but they are suffering from anxiety disorders. Anxiousness is a mental illness, which is very much harmful for the human being and when this happens in case of college students, as their flow of life is disrupted, they are not able to adapt easily to education field and fall behind. This pandemic bounds the students to adapt in new normal situation i.e., blended learning. Here the role of teachers is most essential for encourage and inspire to adapt to the new normal situation and help them to relieve from anxiety.

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XVIII. REFERENCES


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