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### Assess the anxiety level among Nursing students regarding uncertainty in academic plan during Covid-19 Pandemic at selected Nursing College in Indore

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#### Abstract

**Background:** A Novel Corona Virus is a new strain that has not been identified in humans previously. Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Older people and those who are underlying medical problems like cardiovascular disease, diabetes, chronic respiratory diseases, and cancer and are more likely to develop serious illness.

The Global pandemic has proven to be challenging for students in more ways than one. Ever since in-person classes moved online and "Stay Home Stay Safe" executive order was implemented, many students have faced a distressing change in their academic status and planning.

Anxiety is highly prevalent among college students. The prior concerns among students are academic performance, pressure to succeed, and future continuation of this academic year. Anxiety has a negative effect on the quality of student's life, their education and clinical practice (Sanad 2019) and may cause drop out from the nursing program.

In Indore, during the COVID - 19 pandemic and mandatory lockdown, nursing students encountered a new reality of economic uncertainty, fear of infection, challenges of academic planning.

**Aim:** To assess the anxiety level among nursing students regarding uncertainty in academic plan during Covid-19 Pandemic.

**Design:** A Quantitative descriptive research approach.

**Sample:** Simple random Sampling method was used to collect the sample. The sample consists of 80 students (70 B.Sc. Nursing & 10 M.Sc. Nursing students) of Bombay Hospital College of Nursing, Indore.

**Result:** Majority (55%) of nursing students are having a moderate level of Anxiety and the data shows that 37.5% are having low anxiety level and 7.5% are having high anxiety level.

The finding showed that nursing students are having a moderate level of anxiety and the data shows that 37.5% are having low anxiety level and 7.5% are having high anxiety level. The total mean score is 12.875 ( $SD \geq 4.48$ ) and the find out shows majority students having moderate anxiety level.

**Conclusion:** The study reveal that B.Sc. and M.Sc. Nursing Students have low level of knowledge regarding uncertainty in academic plan during Covid-19 Pandemic.

**Keywords:** B.Sc. Nursing, M.Sc. Nursing, COVID- 19, anxiety level, academic plan

#### Introduction

The world has seen outbreaks of Epidemics and pandemic since

Prehistoric times – 5000 BC China, 430 BC Plague of Athens, and AD 165-

180 Antonine Plague, the Black Death 1346-1353 Asia to Europe,

American Plague 16<sup>th</sup> century, to the Present age like Great Plague of London 1665-1666, Great Plague of Marseille 1720-1723, Philadelphia yellow fever Epidemic 1793, Spanish Flu 1918-1920, Asian Flu: 1957/1958, SARS pandemic 2003, H1N1-Swine Flu pandemic: 2009-2010, West African Ebola epidemic: 2014-2016, Zika Virus epidemic: 2015-present Day. Covid Pandemic, which is currently affecting the world with its origin in Wuhan, China started in Dec 2019.

In January 2020, the WHO declared the outbreak of novel

coronavirus infection, COVID-19, as a public health emergency of worldwide concern (World Health Organization, 2020).

The first recorded death outside Wuhan, China, was in the Philippines on 20 February, 2020. And WHO declared COVID-19 in March, 2020. Coronavirus are a family of viruses that cause illness such as respiratory diseases or gastrointestinal diseases.

#### Methodology

A quantitative descriptive survey research approach was used in the study, 70 students of B.Sc. Nursing and 10 students of M.Sc. Nursing of Bombay Hospital College of Nursing, Indore, were selected by using Simple random sampling technique who were 18 to 22 years of age & willing to participate in the study. Data was collected by using socio-demographic & structured knowledge

questionnaire & analysed through descriptive & inferential (chi-square test). The questionnaire was used after confirming the validity and reliability

## Result

The above depicts Frequency and percentage distribution of

socio demographic variables of the B.Sc. Nursing and M.Sc. Nursing Students regarding uncertainty in academic plan during Covid-19 Pandemic. Who were taken as research samples to assess the level of knowledge regarding uncertainty in academic plan during Covid-19 Pandemic.

**Table 1:** Selected socio-demographic variables of patients with frequency and percentage.

n=80

Sl. No	Selected Demographic Variables	Frequency	Percentage %
1.	<b>Age of the participant</b>		
	a) 18-19	14	17.5%
	b) 19-20	18	22.5%
	c) 20-21	20	25%
	d) 21-22	28	35%
2.	<b>Batch</b>		
	a) 1 year	20	25%
	b) 2 year	19	23.75%
	c) 3 year	21	26.25%
	d) 4 year	20	25%
3.	<b>Religion</b>		
	a) Hindu	28	6.25%
	b) Christian	47	38.75%
	c) Muslim	41	35%
	d) Other	1	25%
4.	<b>Father's Occupation</b>		
	a) Govt. Job	5	6.25%
	b) Private job	27	38.75%
	c) Self employed	28	35%
	d) Others	20	25%
5.	<b>Family Income</b>		
	a)50,000	34	42.5%
	b)<50,000	24	30%
	c)>1lakh	12	15%
	d)<1lakh	10	12.5%
6.	<b>Any previous source</b>		
	a)TV	38	47.5%
	b)Newspaper	25	31.25%
	c)Webinar	98	11.25%
	d)Workshop	8	10%

Mean, median and Standard deviation of assessment of anxiety regarding uncertainty in academic planning during pandemic condition and coping strategies during COVID - 19.

Sample	N	Mean	Median	Standard Deviation
B.Sc. Nursing M.Sc. Nursing students	80	12.875	12.5	4.48

## Discussion

17.5% were in the age group of 18-19 years, 22.5% were in the age group of 19-20, 25% were in the age group of 20-21, 35% were in the age group of 21-above.

Mean score of anxiety among nursing students regarding uncertainty in academic planning during COVID-19 pandemic condition was 12.875 (SD  $\geq 4.48$ ).

This value indicates that B.Sc. Nursing and M.Sc. Nursing students were having moderate anxiety level regarding uncertainty in academic plan during Covid-19 Pandemic.

## Conclusion

The study reveal that B.Sc. and M.Sc. Nursing Students have

Moderate level of knowledge regarding uncertainty in academic plan during Covid-19 Pandemic

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