

# A Study on Perceived Stress level During COVID-19 Outbreak



## Introduction

As the novel coronavirus rapidly sweeps across the world. This pandemic create a degree of fear such as Enforced to isolation, social rejection, financial crisis can contribute to high level of stress which may lead to many mental illnesses.

Psychological expert opinion said that quarantine can cause negative psychological impacts, including post-traumatic stress symptoms, confusion, anger and depression (Chaturvedi, S.K).

## Objective

- To examine the degree of Perceived stress level because of COVID-19

## Methodology

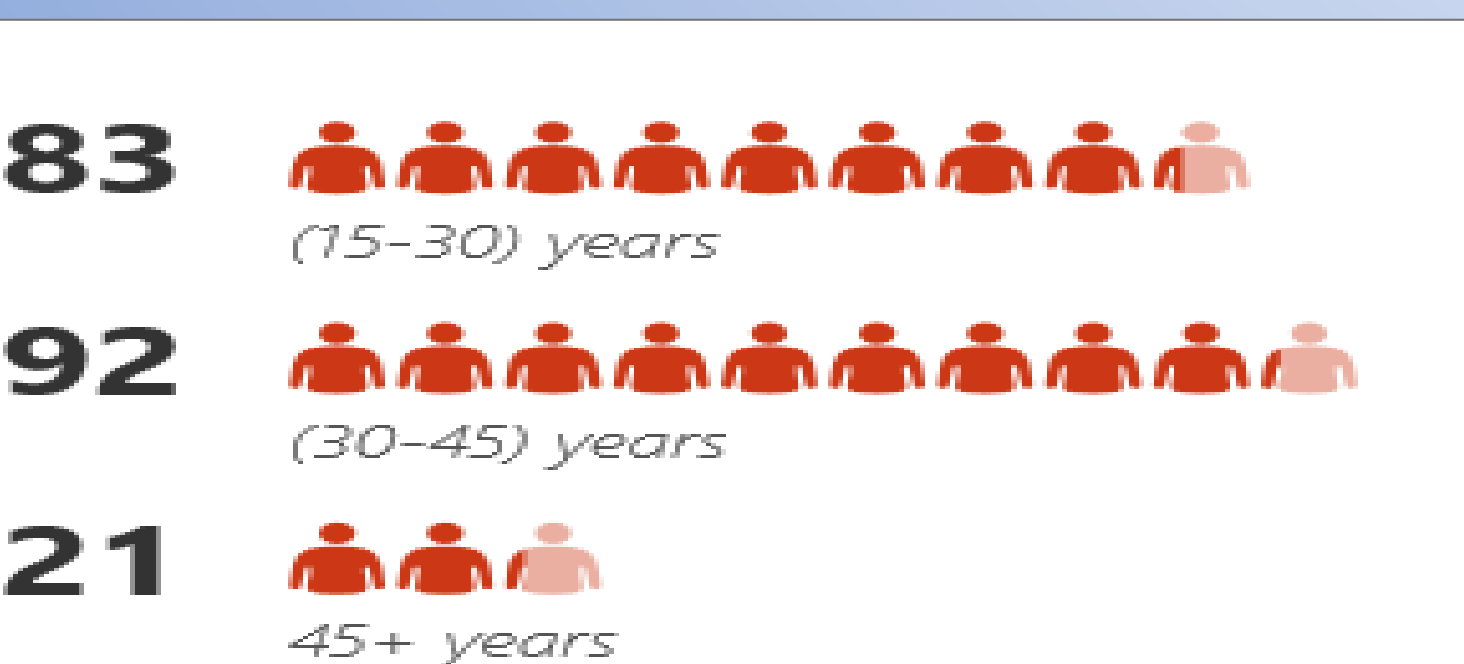
Iotalytics Research and Analytic Solutions Pvt Ltd, has conducted a small survey to assess the degree of perception of stress during the lockdown because of COVID-19 pandemic. The survey started from 6th April, 2020 and lasted till 19th April, 2020. During the 14 days period, **197** responses were received. The collection process was administered using KoBo toolbox to reach to the respondents, the social media platform like Facebook, Twitter, LinkedIn, WhatsApp and email services was used.

For the assessment of stress level, a standard and classic stress assessment instrument namely, **Perceived Stress Scale (PSS)** was utilized. This tool was developed by Sheldon Cohen and his colleagues in 1983.

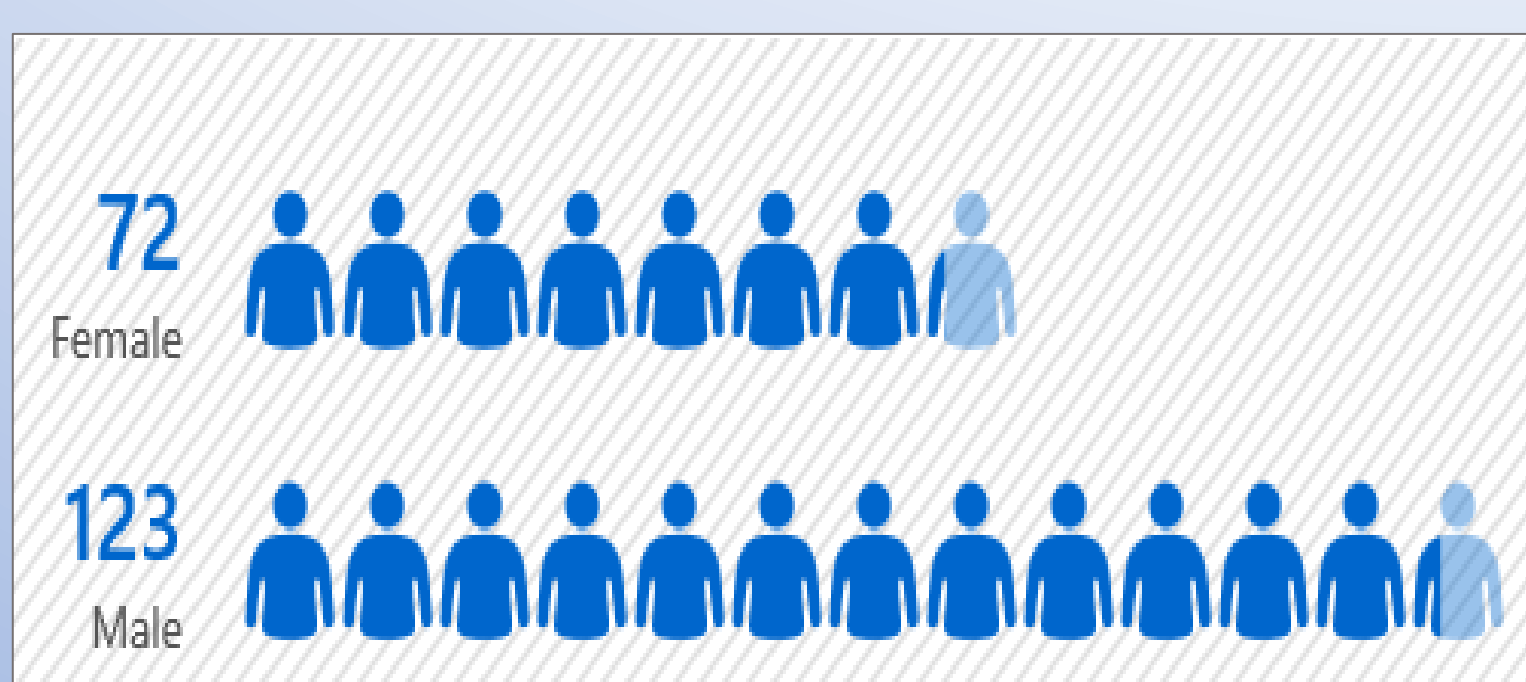
PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items 4, 5, 7, & 8) and then summing it all.

## Findings

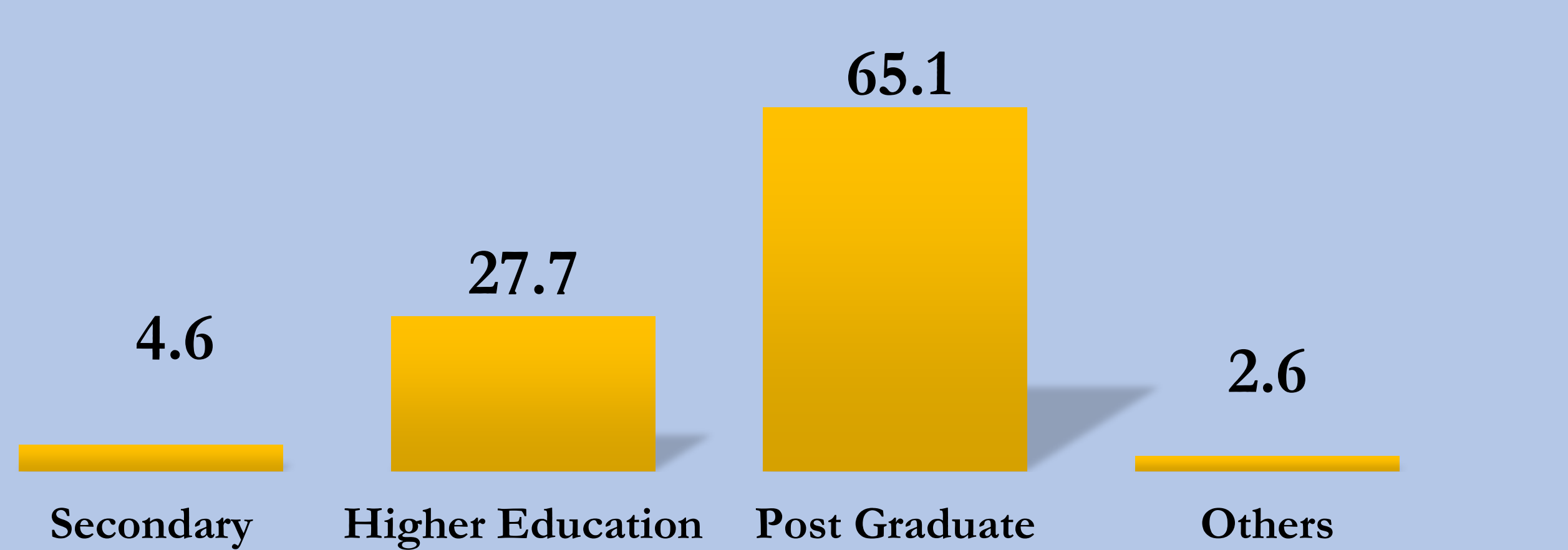
### Age-Group



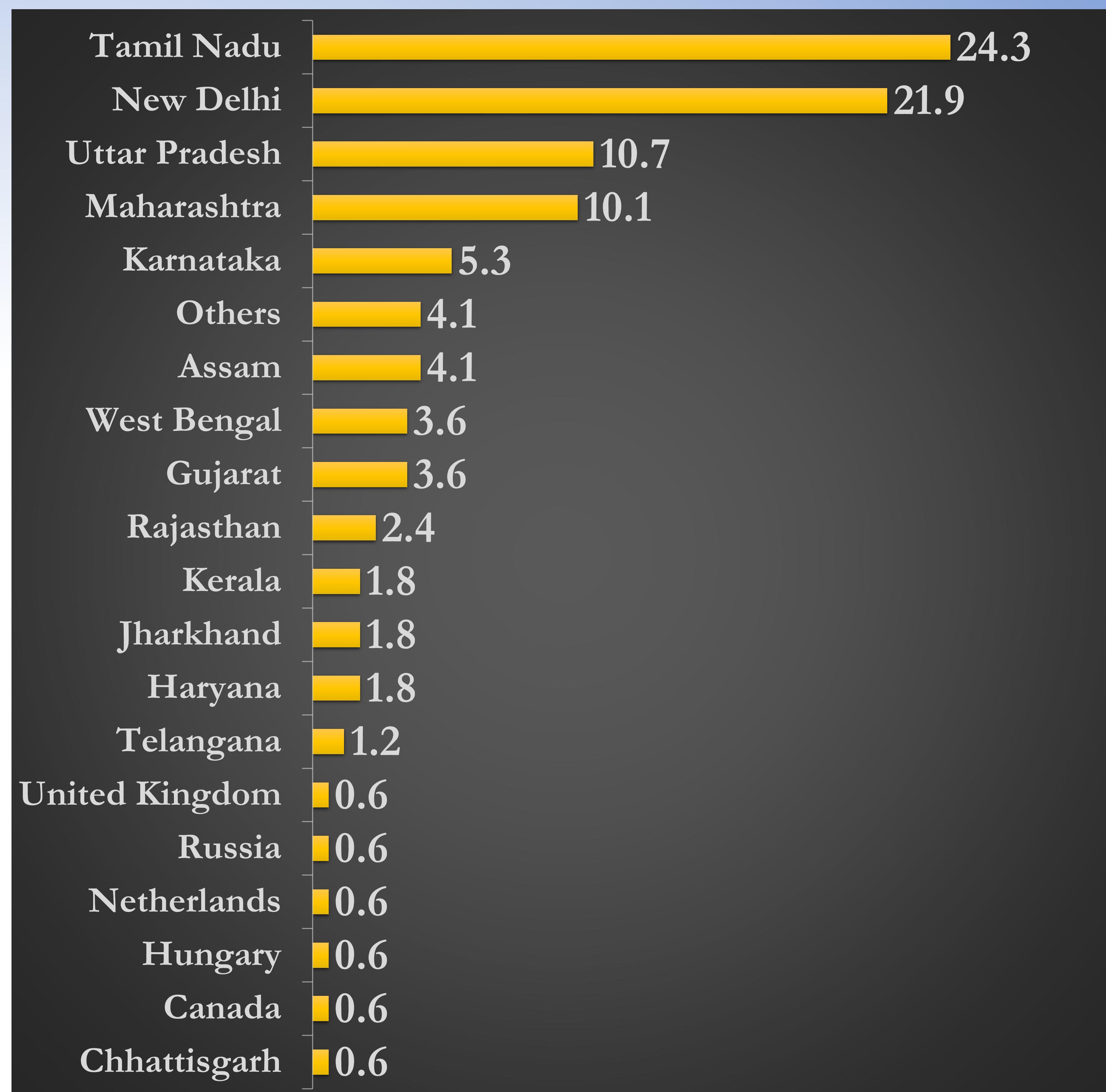
### Gender



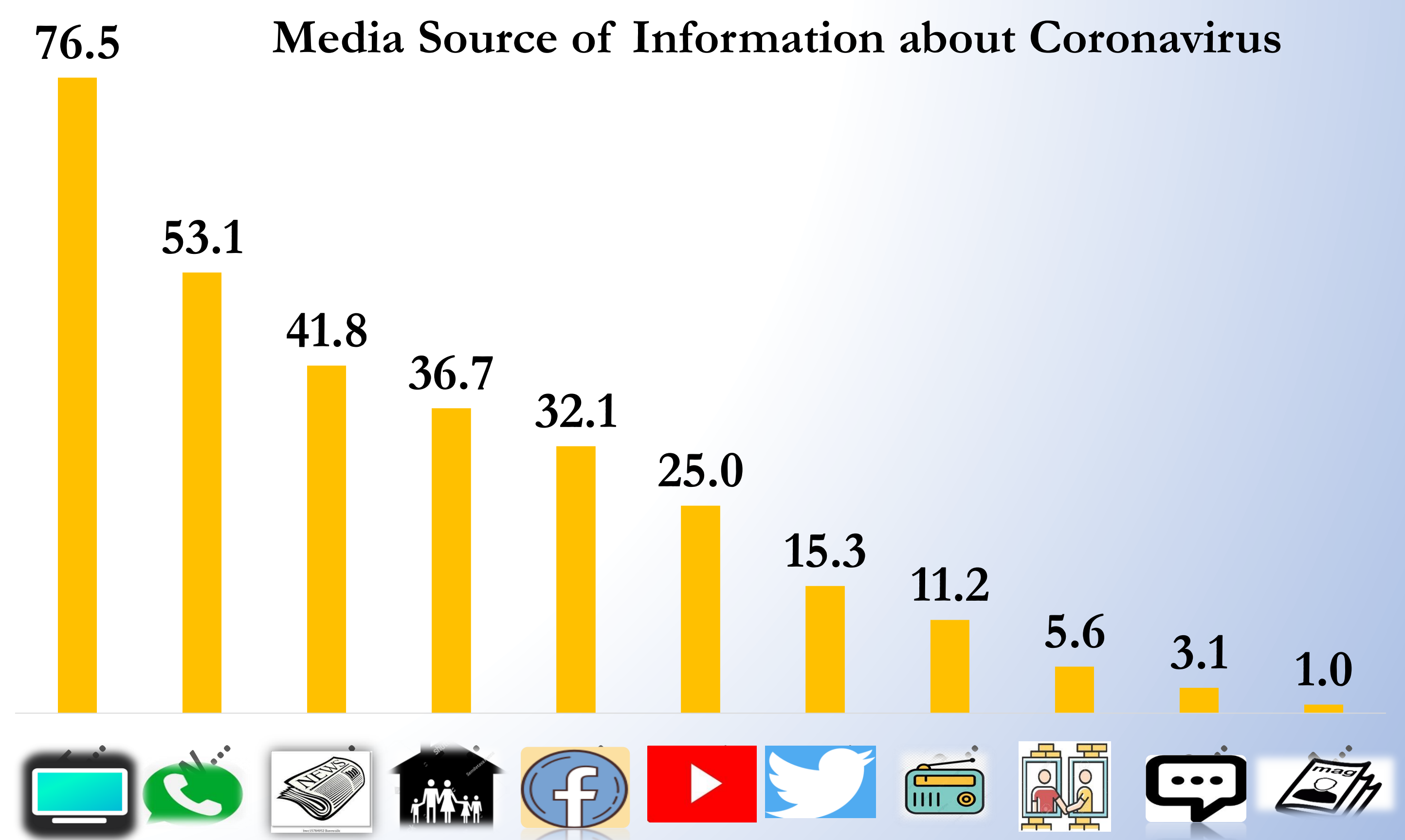
### Respondents Education



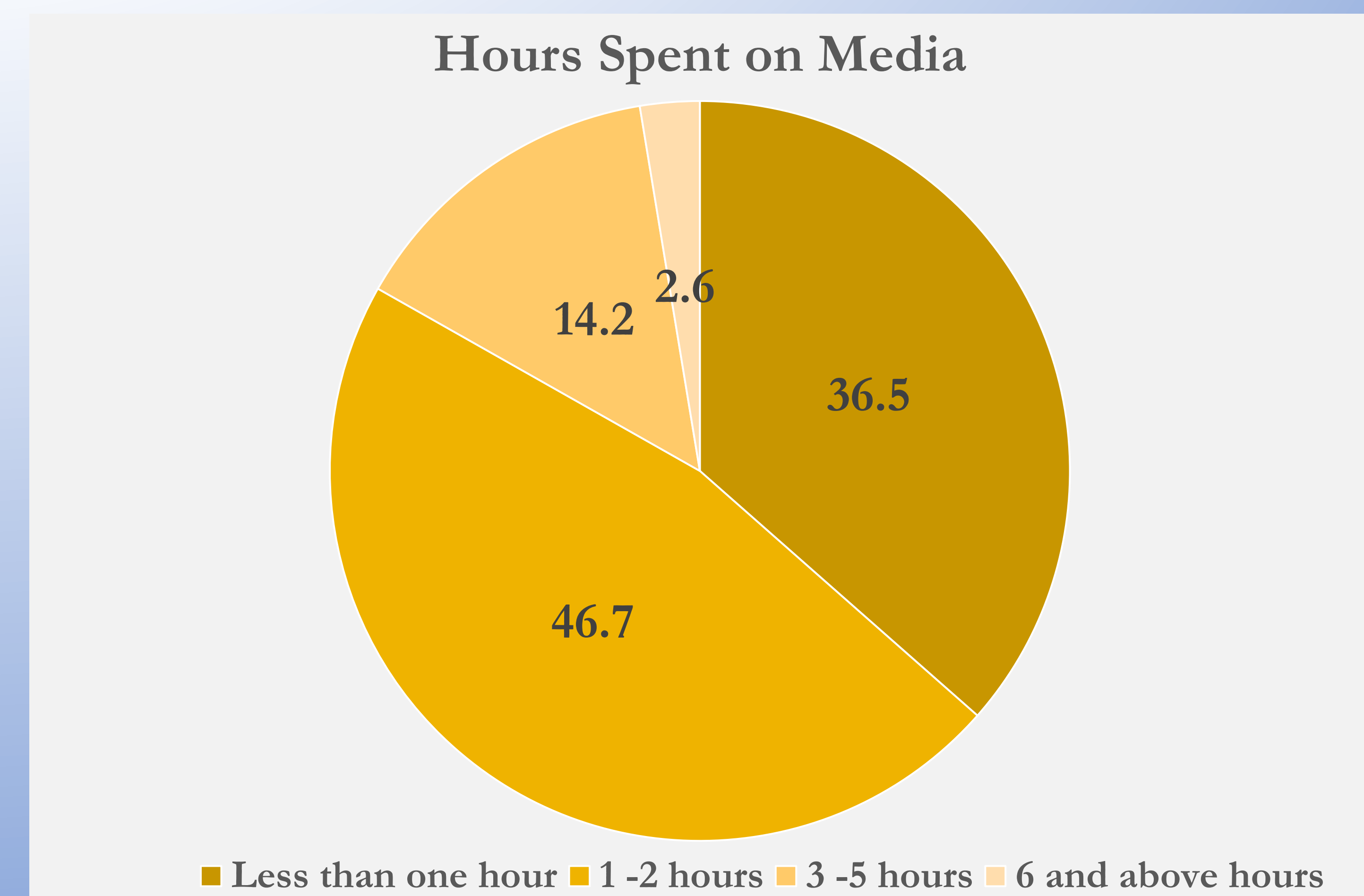
### Survey Respondents – by Geography



### Media Source of Information about Coronavirus



### Hours Spent on Media

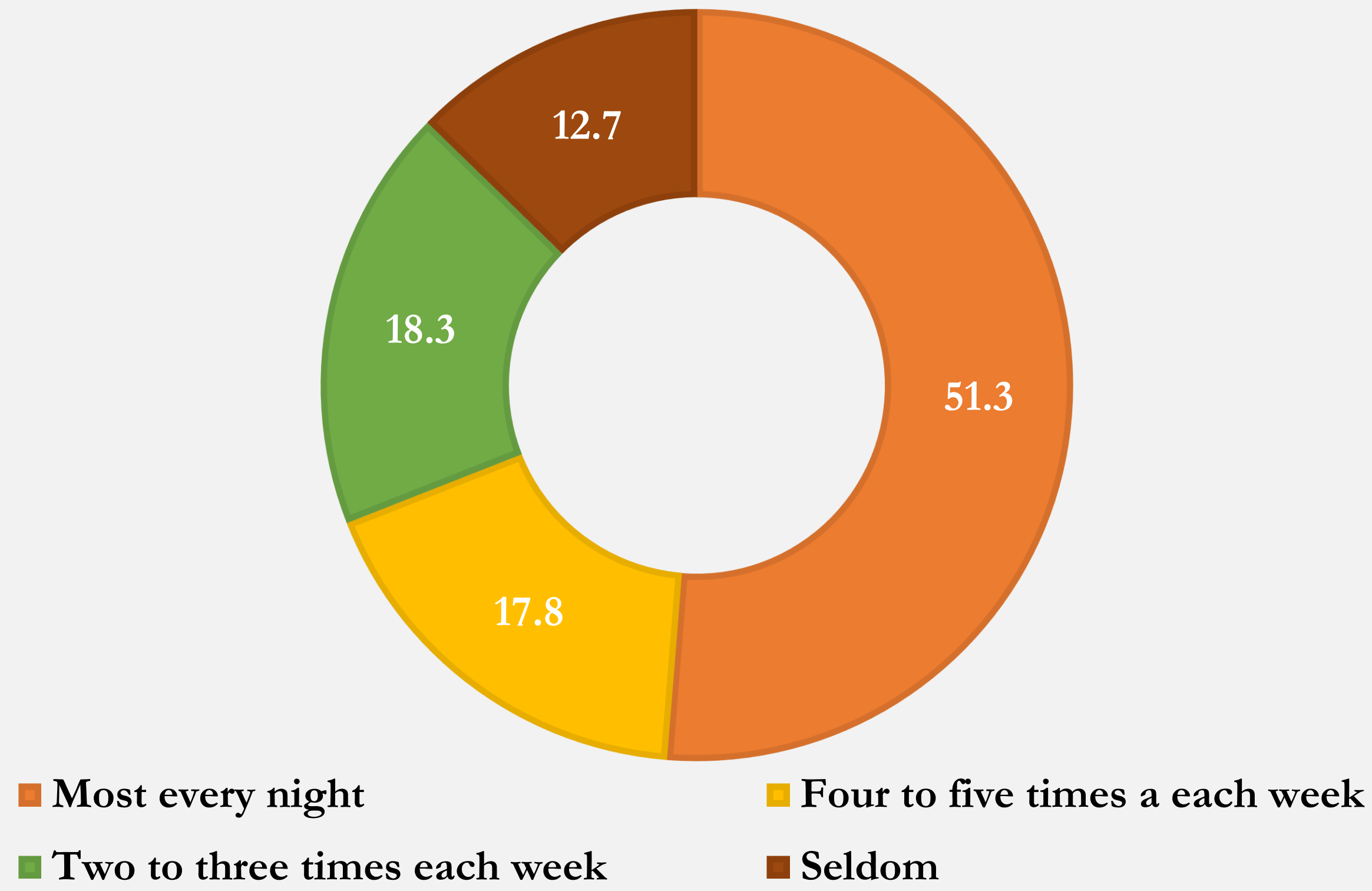




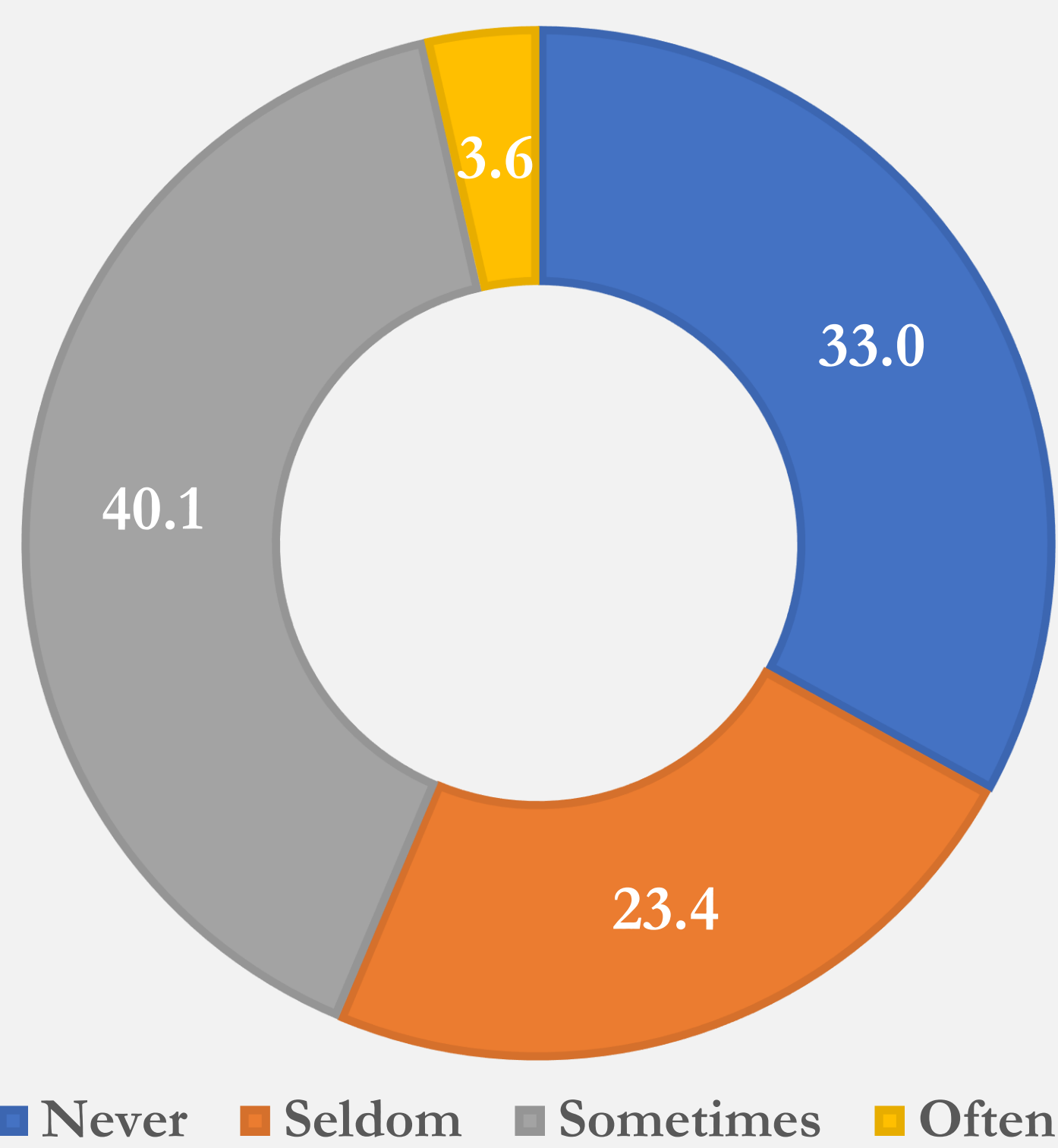


### Emotional Disorder During Lockdown Situation

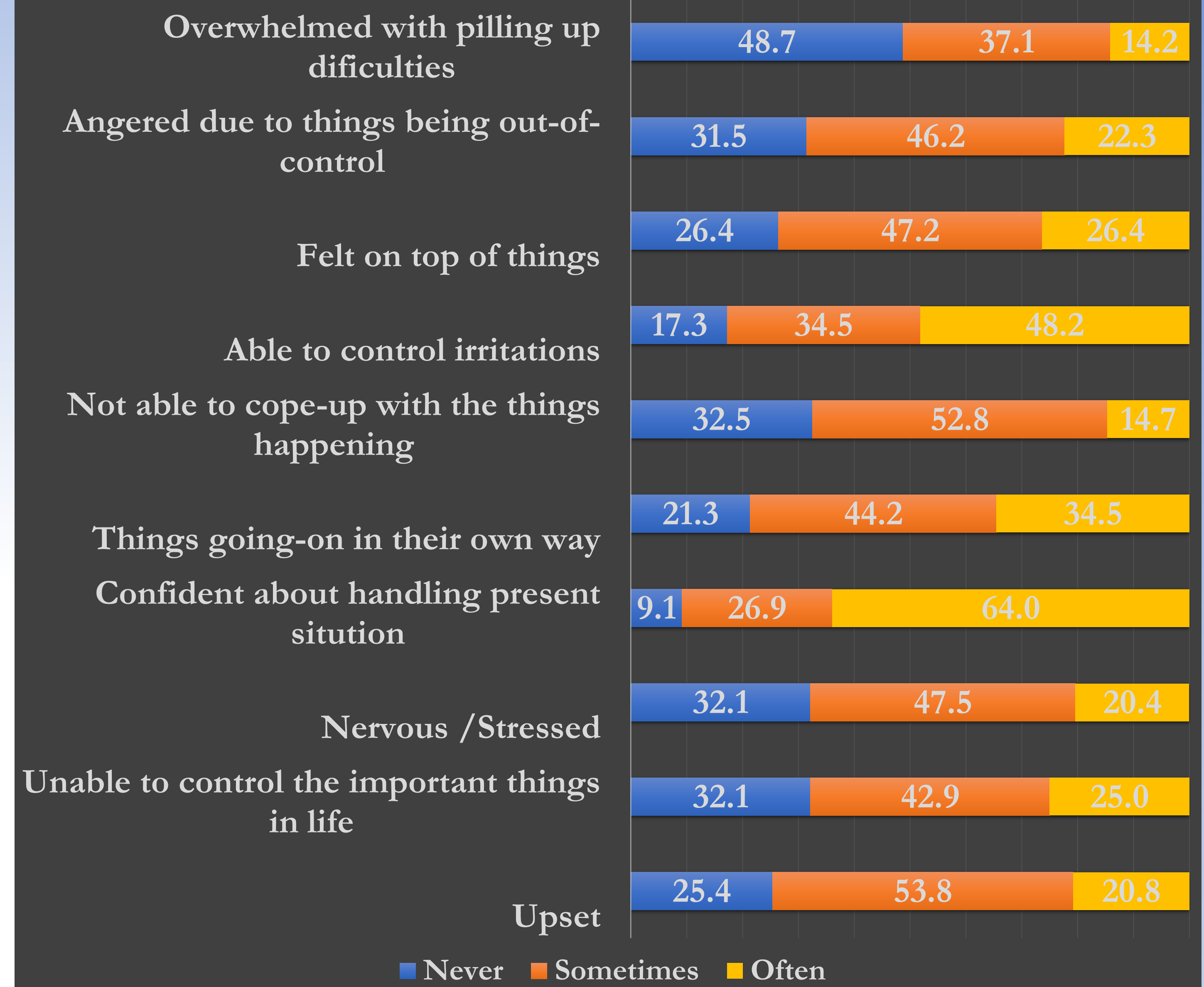
Restful Night of Sleep



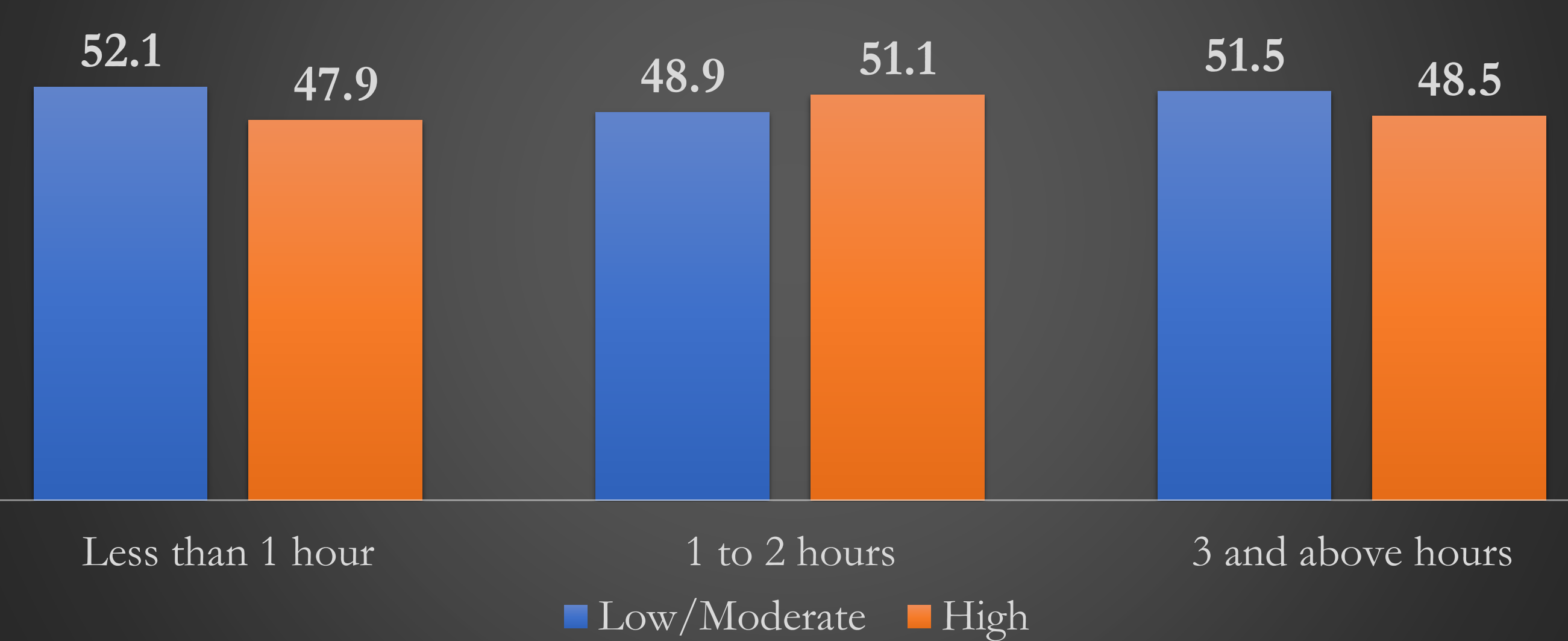
### Controlling of Emotions In Stressful Situations



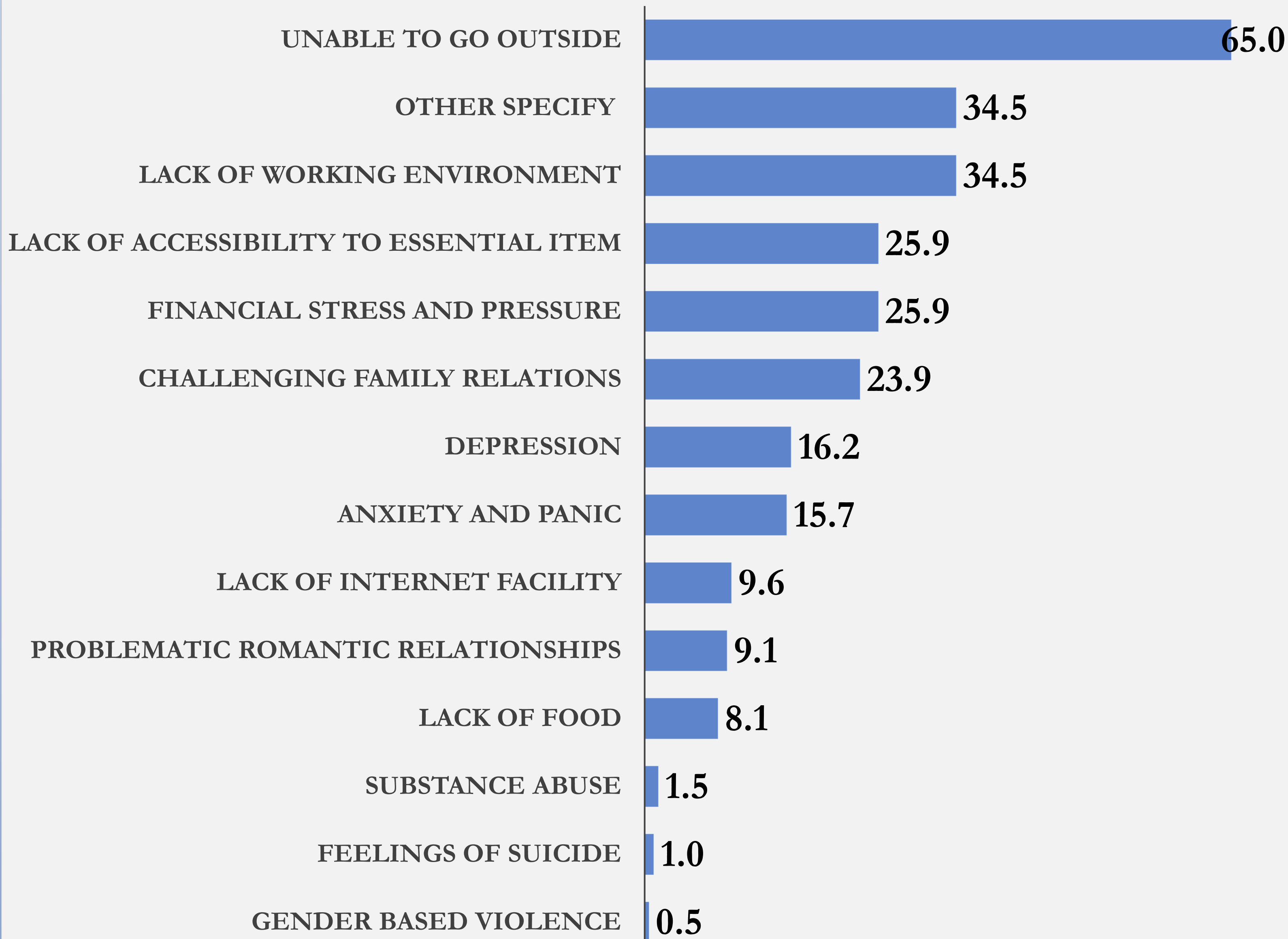
### Participant's Perceived Stress Scale



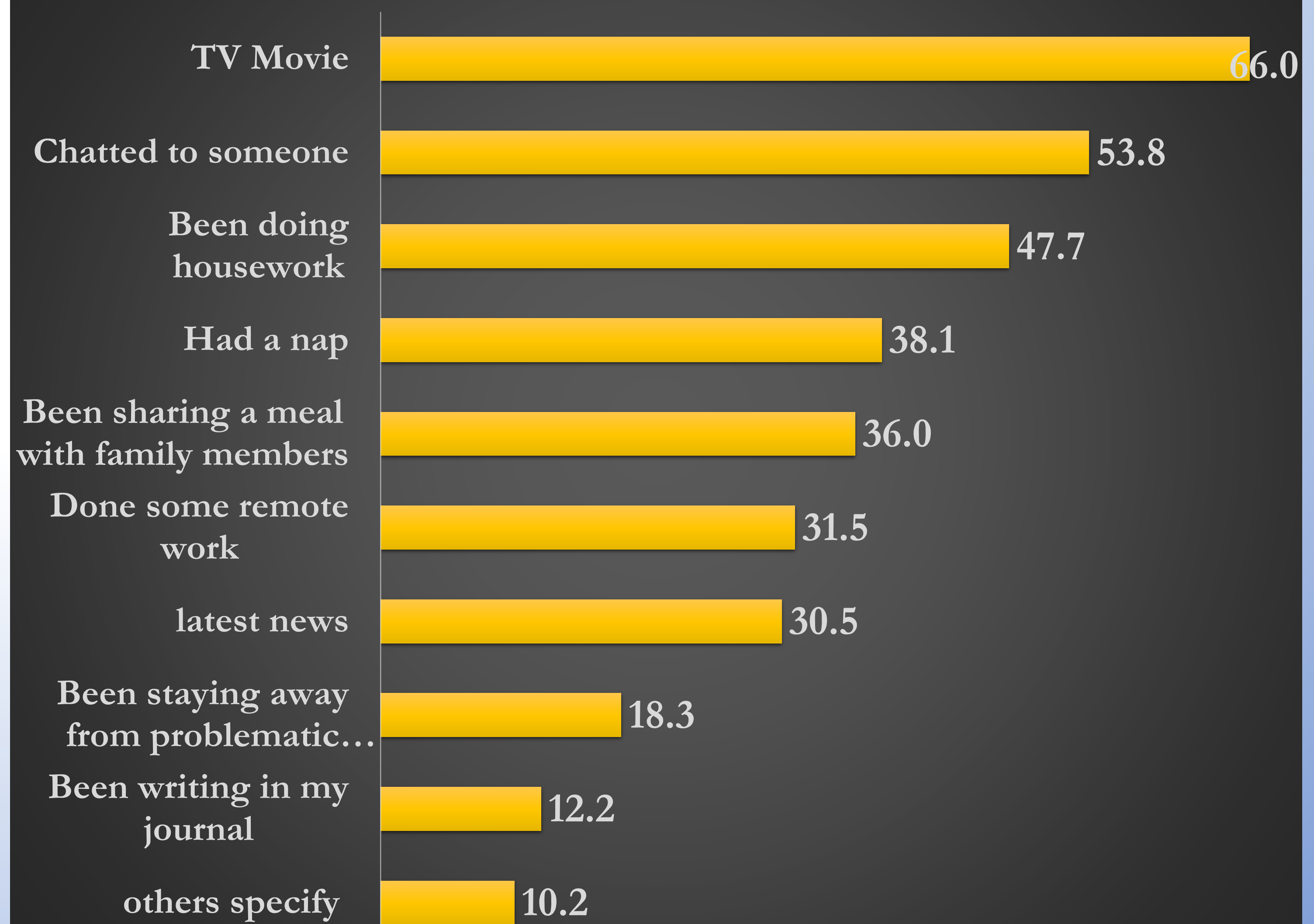
### Perceived Stress level by Hours exposed for Social media on COVID-19



### Challenges faced during the Lockdown



### Coping strategies are practicing during the Lockdown



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