

## LEVELS OF DEPRESSION, ANXIETY, STRESS AND INSOMNIA IN ADOLESCENTS AND YOUNG ADULTS DURING COVID -19

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### **Introduction**

In 2019 a deadly virus commonly referred as “corona virus” and Wuhan virus. Spreaded all over the world. It directly effects the humans respiratory system and makes the person sick. This virus has effected day to day life of the people and slowed down the economy. The world trades, businesses, movements etc has been disturbed during the past one year. This virus spreads rapidly from person to person. The common symptoms of this virus are fever, cough, cold, bone pain and breathing problems and ultimately leading to pneumonia. Due to the drastic loss of human lives in this pandemic people has been suffering from different mental conditions. Corona virus has caused many drastic mental conditions in humans like stress, depression, xenophobia etc. quarantine and home isolation to prevent the further flow of the virus also cut off the humans from society. Anxiety of can't touch and see each other drastically effected the mental health of the people.

Due to these problems people of all age groups are facing issues like insomnia, anxiety, depression, and stress. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Insomnia is difficulty falling asleep. A feeling of constant fear and worry causes anxiety whereas stress is caused from an traumatic event.

Isolated in their homes every person from every age group is effected but the most vulnerable group is of young adults and adolescents. Young adults or the people who are in the age of 20's and 30's are less likely to hospitalized or die from this virus but they can catch the virus and some developed severe and lasting symptoms from this virus. This deadly virus has also interrupted their lives by the interruption in typical school college and office routines it is specially challenging for adolescents.

## **Young adults and adolescents at risk**

Due to change in day to day life styles. Everyone's life has been affected even the young adults and the adolescents in our population are at less risk but their lives have been difficult. Yes, though they are less likely to be hospitalized because of covid or to die from it, people from the age 20's, 30's, can catch the virus easily and it is observed that they have lasting effects like living with obesity, diabetes or high blood pressure (hypertension). The other stressors for children and adults can be closure of schools and colleges, absence of outdoor activities, they might not be all alone and isolated. In many of the cases other family members are there with them but in these cases some young adults have a feeling of loneliness and the situation brings up some more concerns regarding the level of anxiety, depression, stress in adolescents and young adults. The thoughts like when the pandemic ends, or the thought of losing any loved one to covid make them a lot more stressful. Many studies have been conducted in Asia and Europe where the disease first spread. The U.S has also emerged as one of the highly impacted countries, with the large number of covid-19 cases and deaths. Further the adolescents and young adults' age has been associated with worst mental health during covid-19 in Asian samples. (Huang & Zhao, 2020; Wang et.al.2020).

## **Review of Literature**

Recent increase in the covid-19 cases is a concern area for everyone as well as researchers. The increase in Covid – 19 cases is not the only thing which is being difficult to understand but the other mental problems associated with this issue are the major problem to handle. Problems like depression, anxiety, stress, insomnia have increased due to this Covid-19 outbreak. It majorly affected young adults and adolescents.

R. Lakhani, A Aggarwal and M Sharma in their 2020 research mentioned that depression ranged from 8.3 to 48.3% in China and In India it was reported 15.4 to 17% . The prevalence of anxiety has been found to be 7.2 to 11.5%. The prevalence of stress in China was found to range between 8.1 and 29.29% in survey respondents. In India stress was experienced by 11.6% . So this review shows that challenges posed during Covid-19 are much different and wider than the challenges faced by individuals in non pandemic periods. However the study shows depression up 20%, anxiety 35% and stress 53% in the survey population indicates a high need for preventive and curative care for mental health concerns.

Another study which was aimed to study stress, anxiety, depression, in young people during Covid-19 pandemic was by P.Varma, M Junge, H. Meaklim and ML Jackson. This study

examined the impact of the Covid-19 Pandemic on psychological distress globally. It took N=1653 Participants (mean age 42.90 + 13.63 years, 30.3% males) from 63 countries responded to the survey. Depression and anxiety was assessed using the patient health questionnaire and state trait anxiety inventory, respectively. Other measures include the perceived scale and the brief resilient coping scale. The study shows globally consistently high levels of stress, anxiety, depression and poor sleep were observed regardless of the number of covid-19 cases.

### **Methodology**

It includes research design sampling procedure, tools used and their administration used statistical procedure.

### **Design of the study**

The present study was conducted on adolescents and young adults, the description of the sampling procedure is given below, as far as the design of present investigation is concerned it is correlation as well as comparative in nature.

### **Sampling Procedure**

In the present study, purposive random sampling technique was used to collect the data. The sample of the present research comprises 100 samples which constituted 50 adolescents and 50 young adults, the age range of adolescents is 12-20 years and for young adults it is 21 – 30 years.

### **Tools**

#### **Depression Anxiety Stress SCALE – 21 (DASS- 21)**

DASS-21 consists of 21 items it is a set of three self report scales designed to measure the emotional states of depression, anxiety and stress. Each of the three DASS-21 scales contains 7 items, divided into subscales.

#### **Insomnia severity index (ISI)**

The Insomnia Severity Index is a brief instrument that was designed to assess the severity of both nighttime and daytime components. It contains seven items in total.

### **Procedure**

Firstly the sample was selected using a purposive random sampling method. Then questionnaires were distributed individually to the subjects. A brief instruction was given to them before requesting them to fill up the questionnaires. Proper instructions were given before giving the questionnaire. All the misconceptions handled with great care. Further subjects were

assured of the confidentiality of their responses. Each respondent on an average took fifteen to twenty minutes to fill up the questionnaires. Finally, the questionnaires were collected from all the respondents scoring and further analysis was carried on.

**Statistical Analysis**

Statistics and analysis were chosen according to the purpose and objective of the study, here it is to study depression, anxiety, stress and insomnia in young adults and adolescents. In all there are 6 variables and in that 4 are dependent variables and two are independent variables. Keeping in view the nature of the present research work, investigators applied stepwise correlation analysis. Correlation considers to be the most suitable and useful techniques. This technique is effective as it not only gives the exact relationship between the variables.

**Hypothesis**

Keeping in view the objectives of the present research and in light of the relevant research literature, the following hypothesis was formulated concerning our investigation purpose. These are as follows.

Ho1: Young Adults will have lesser levels of Depression than compared to Adolescents.

Ho2 Young Adults will have lesser levels of Anxiety compared to Adolescents.

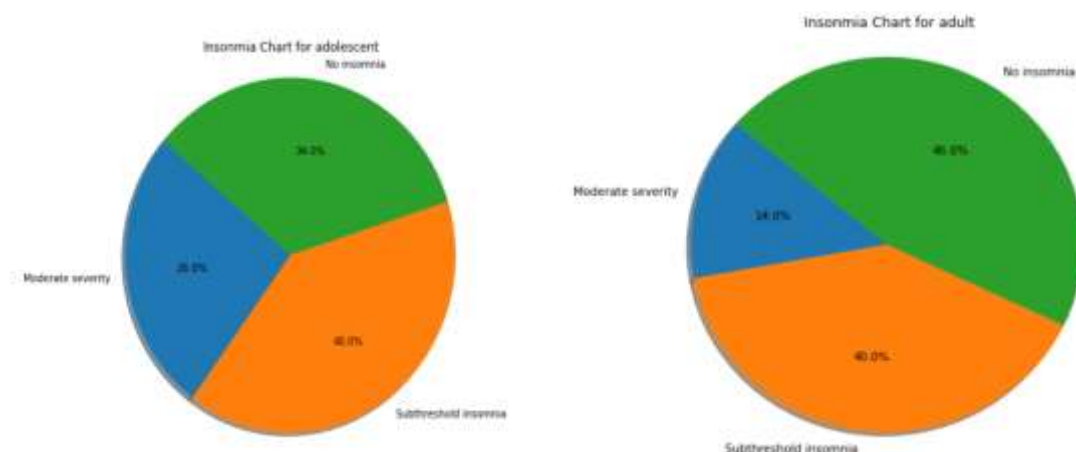
Ho3 Young Adults will have lesser levels of Stress compared to Adolescents.

Ho4 Young Adults will have lesser levels of Insomnia than compared to Adolescents.

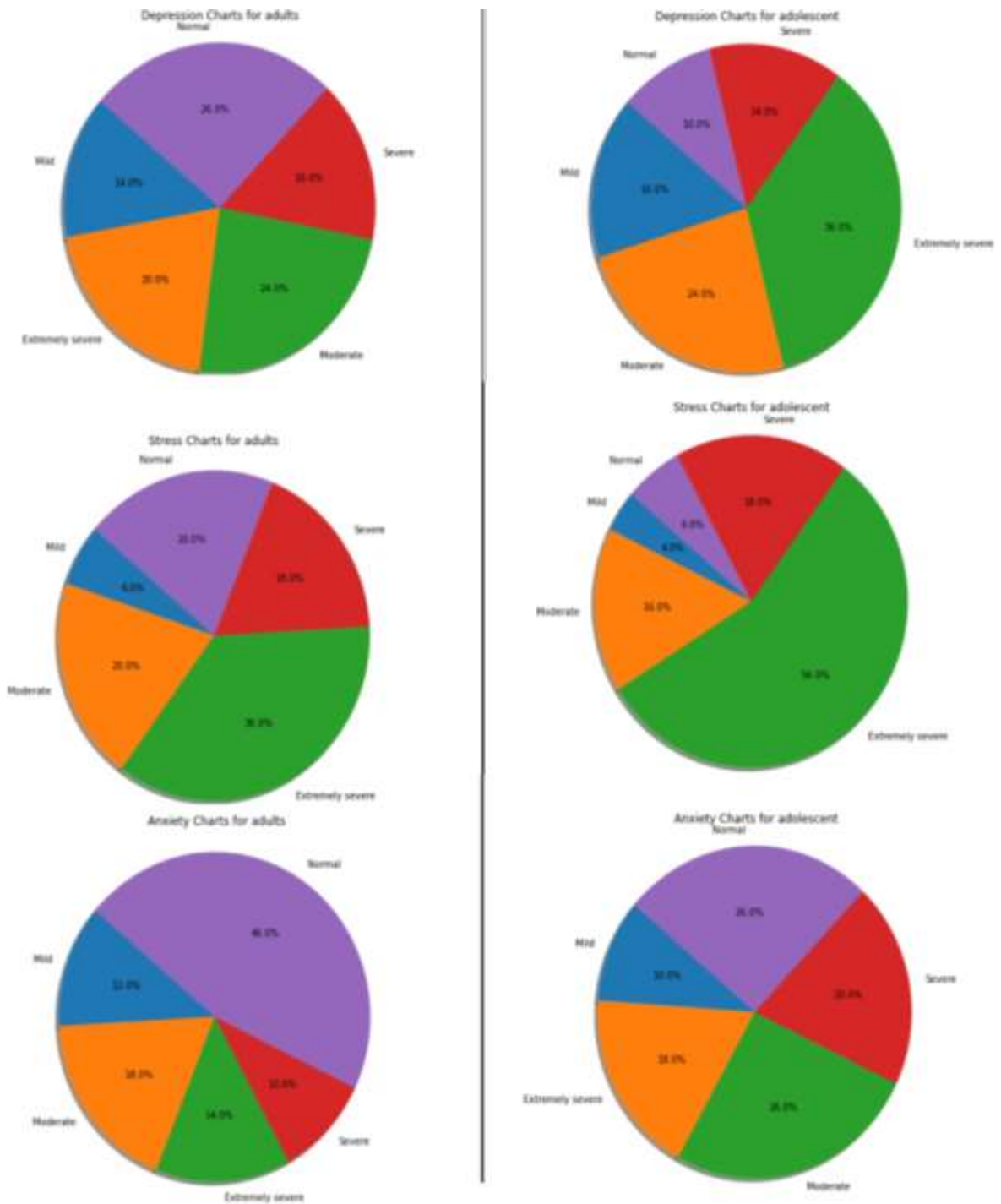
**Results**

In the present study there are two independent variables and two dependent variables which include young adults and adolescents. The measurement of this study was carried out with four facets i.e. depression, anxiety, stress and insomnia.

**Chart 1** Showing descriptive analysis of insomnia in young adults and adolescents.



**Chart 2:-** Showing descriptive analysis with respect to depression, stress and anxiety the following statistics shows the difference.



The consolidated result based on correlation with highly severe conditions with respect to DASS:

	Adults	Adolescent
Adults	1.000000	0.974511
Adolescent	0.974511	1.000000

The consolidated result based on correlation with severe conditions with respect to DASS:

	Adults	Adolescent
Adults	1.000000	-0.576557
Adolescent	-0.576557	1.000000

The consolidated result based on comparison with severe conditions with respect to insomnia:

	Adults	Adolescent
0	7	13

The above table clearly shows that levels of depression, anxiety and stress are more in adolescents as compared to young adults.

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