

An Empirical Study On Covid-19 Induced Mood Swings And Anxiety On Prospective Teachers In Jesuit Colleges Of Education In India

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Abstract

The Jesuit College of Education aims at making its own contribution towards a transformation of society that is riddled with challenging human issues – such as injustice, inequality, and inequity of educational opportunity, to the last and the least. The current global pandemic COVID-19 has disrupted not only physical health but also brought in psychological disorders among people all over the world. The spread of the novel coronavirus is impacting the mental health of people and, therefore, nowadays, it's common to experience a change in mood occasionally and, at times, perennially in a few cases. The purpose of the present study was to take an appraisal of the COVID-19 induced mood swings and anxiety on prospective teachers in Jesuit Colleges of Education in India. The sample consisted of 899 prospective teachers. Data collected online, through Google form on the two tests were analyzed through MS Excel and SPSS Software. The findings of the study showed that the mean scores of the prospective male teachers in their mood swings and anxiety were higher than the prospective female teachers, and the difference was significant. It is also found out there is a significant difference in mood swings of prospective teachers of different Jesuit Colleges with respect to their educational qualification during COVID-19. But, the anxiety of prospective teachers with respect to their educational qualification is found to be not significant. The correlation coefficient value is found to be more than the critical value required at 0.01 level of significance, which reveals that there is a significant relationship between the mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19.

Keywords: COVID-19, Mood Swings, Anxiety, Prospective Teachers, Jesuit College of Education

INTRODUCTION AND RATIONALE OF THE STUDY

A Jesuit Institution offers an academically distinguished program that is designed to challenge students to achieve their full potential and plays a pivotal role in educating the whole person. The students at the Jesuit Colleges of Education learn critical skills and acquire that knowledge and character, which will shape them into becoming responsible citizens.

The current global pandemic due to Coronavirus-2019 (COVID-19) has not only disrupted physical health but also resulted in a number of psychological disorders among people all over the world. The spread of the novel coronavirus is impacting the mental health of people and, therefore, nowadays, it's common to experience a change in mood occasionally. But, in many cases, shifts in mood are a symptom of a more serious mental health issue. A rapid change in mood is referred to as Mood Swings.

“The Covid-19 pandemic has alarming implications for individuals (especially seniors and children as they are worried about their study and/or completion of the syllabus) and collective health and emotional and social functioning. The public activities should be amalgamated into general pandemic health care. Apart from providing medical care, already jeopardized Health Care Providers have a vulnerable role in mentoring psychosocial needs for onward end-use” (Raj, Singh & Gupta, 2020, p.20).

The prevailing situation of COVID-19 is painful and worrying. Stress and worry impact our body and health in a variety of unhealthy ways. One such area can be our mood. Frustrations, worry, and a constant state of stress can lead to severe shifts in mood, along with other psychological issues. So, in these present times, it is common to experience mood swings and anxiety periodically.



Reasons behind COVID-19 induced mood swings and anxiety on general lives

The ups and downs brought by this global pandemic COVID-19 are affecting almost all aspects of our lives negatively. A sudden shift in our present conditions and lifestyle causes severe changes in our mental health, especially with respect to mood swings and anxiety. These include:

- Dishevelment of daily routine
- Sluggish behavior
- Insufficient sleep
- Unhealthy diet
- Economic problems
- Isolation
- Fear of getting infected
- Impact of social media
- Lack of physical and mental health knowledge
- Facing great changes with the inability to adapt
- Lack of mental health assessment and self-judgment methods

It is a very common fact that college life brings with it its own set of stressors and anxiety. And, the instability brought by COVID-19 triggers a sense of uncertainty about academic and professional careers among higher education students. After studying such circumstances, the researcher felt the need for this study.

OBJECTIVES OF THE STUDY

1. To study the level of mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19.
2. To study the differences in the mood swings of prospective teachers of different Jesuit Colleges with respect to their gender and educational qualifications during COVID-19.
3. To study the differences in the anxiety of prospective teachers of different Jesuit Colleges with respect to their gender and educational qualifications during COVID-19.
4. To study the relationship between mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19.

NULL HYPOTHESES OF THE STUDY

1. There is no significant difference in the mood swings of prospective teachers of different Jesuit Colleges with respect to their gender during COVID-19.

2. There is no significant difference in the anxiety of prospective teachers of different Jesuit Colleges with respect to their gender during COVID-19.
3. There is no significant difference in the mood swings of prospective teachers of different Jesuit Colleges with respect to their educational qualifications during COVID-19.
4. There is no significant difference in the anxiety of prospective teachers of different Jesuit Colleges with respect to their educational qualifications during COVID-19.
5. There is no significant relationship between mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19.

METHODOLOGY

The problem selected for the present study is concerned with survey type. The investigators have adopted the 'Survey Method' to investigate COVID-19 induced mood swings and anxiety on prospective teachers in Jesuit Colleges of Education in India.

POPULATION

The population of the present study consists of prospective teachers studying in Jesuit Colleges of Education in India.

SAMPLE

The sample of the study was 899 B.Ed. Students from St. Xavier's College of Education, Patna; St. Xavier's College of Education, Palayamkottai; St. Xavier's College, Kolkata; St. Xavier's College, Ranchi; St. Xavier's College of Education, Ambikapur; St. Aloysius Institute of Education, Mangaluru; St. Xavier's Institute of Education, Mumbai; Loyola College of Education, Jamshedpur; Loyola College of Education, Namchi and Loyola College of Education, Chennai of 2018-2020 and 2019 - 2021 batch. The details of the sample of the present study are given in the following Table 1.

Table 1: Details of the Sample

Name of the Institutions	No. of students
St. Xavier's College of Education, Patna	89
St. Xavier's College of Education, Palayamkottai	49
St. Xavier's College, Kolkata	182
St. Xavier's College, Ranchi	161
St. Xavier's College of Education, Ambikapur	20

St. Aloysius Institute of Education, Mangaluru	107
St. Xavier's Institute of Education, Mumbai	32
Loyola College of Education, Jamshedpur	181
Loyola College of Education, Namchi	09
Loyola College of Education, Chennai	69

SAMPLING TECHNIQUE

The research was conducted with 141 males and 758 females (the female species opt for a teaching career than the male), a total of 899 prospective teachers of the ten Jesuit Colleges of Education. Therefore, the study group was determined with a convenient sampling method. It was taken care of while selecting the sample conveniently that the objectives of the study are met.

TOOLS

The tools that were used in the study were developed by the investigators themselves. For the validation of the tool, expert feedback was taken, and hence, the final draft of the E-questionnaire consisting of 20 statements to be responded on a three-point rating scale was prepared. Thus, the final set of E-questionnaire was named as,

- Mood Swings Assessment Inventory (MSAI)
- Anxiety Measurement Assessment Scale (AMAS)

Data was collected using Google Form Platform.

PROCEDURE

The study aims to find out the COVID-19 induced mood swings and anxiety on prospective teachers. The link of the prepared E-questionnaire was sent to the 899 B.Ed. Students of 2018-2020 and 2019 - 2021 batches, studying in Jesuit Colleges of Education in India through Email and other sharing platforms. An informed consent form was also attached to the E-questionnaire, and each participant consented to participate in the survey after reading the consent form. They filled in their responses and submitted their feedback online. The researcher compiled the online responses for further analysis of data and for testing the hypotheses.

DATA ANALYSIS AND INTERPRETATION OF DATA

The data collected through the administration of the two tests were analyzed through applying required statistical methods, i.e., mean, S.D., t-test, and Correlation-coefficient.

FINDINGS OF OBJECTIVE -1: Level of mood swings and anxiety among prospective teachers during COVID-19.

Percentage analysis has been done for finding the level of mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19. The outcome of the analysis has been shown in the following table 2 and figure 1.

Table 2:Level of mood swings and anxiety among prospective teachers during COVID-19.

Level of mood swings of prospective teachers during COVID-19	No. of Students (899)	Percentage
High	168	19%
Average	594	66%
Low	137	15%
Level of mood swings of prospective male teachers during COVID-19	No. of Students (141)	Percentage
High	18	13%
Average	94	67%
Low	29	20%
Level of mood swings of prospective female teachers during COVID-19	No. of Students (758)	Percentage
High	120	16%
Average	509	67%
Low	129	17%
Level of anxiety of prospective teachers during COVID-19	No. of Students (899)	Percentage
High	133	15%
Average	620	69%
Low	146	16%
Level of anxiety of prospective male teachers during COVID-19	No. of Students (141)	Percentage
High	15	11%
Average	104	74%
Low	22	15%

Level of anxiety of prospective female teachers during COVID-19	No. of Students (758)	Percentage
High	104	14%
Average	522	69%
Low	132	17%

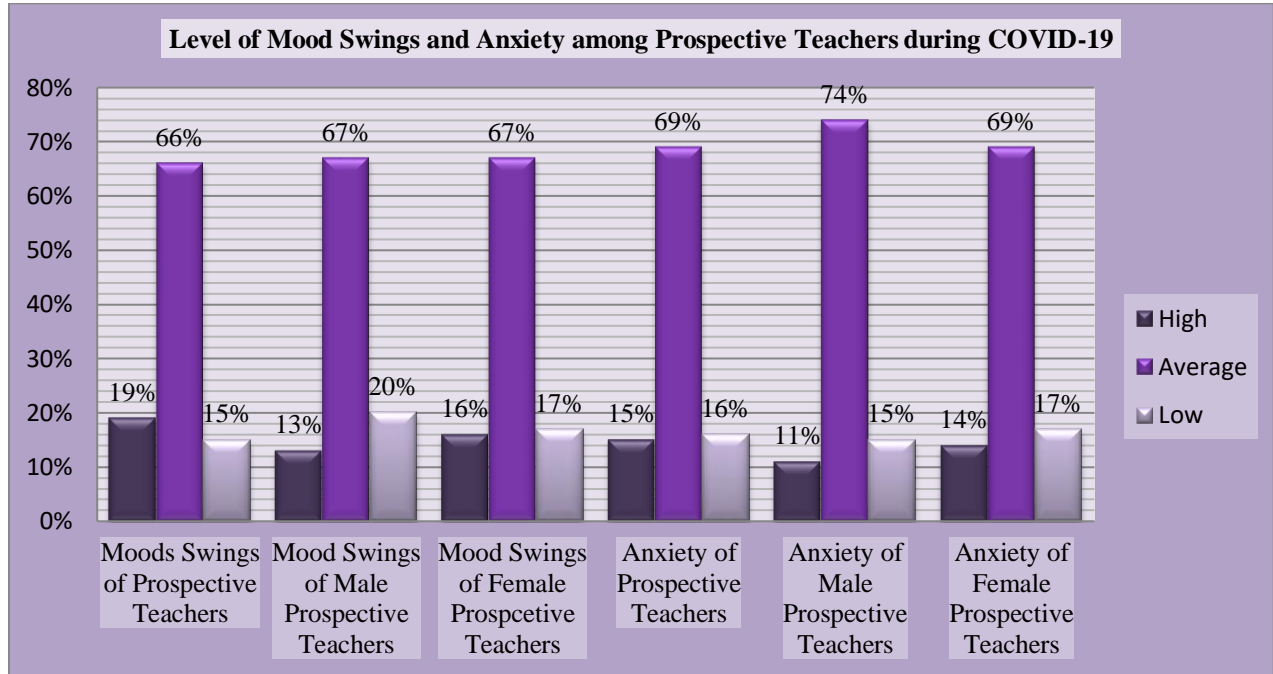


Figure 1 Level of Mood Swings and Anxiety among Prospective Teachers during COVID-19.

It is inferred from table 2 and figure 1 that 19% of prospective teachers had a high level of mood swings, 66% had moderate, and 15% had a low level of mood swings during COVID-19. Mood swings level of prospective male teachers had 13% high, 67% had moderate, and 20% had a low level of mood swings, and in prospective female teachers, 16%, 67%, and 17% high, moderate, and low level of mood swings respectively and, in the level of anxiety during COVID-19, 15% prospective teachers had a high level of anxiety, 69% had moderate, and 16% had a low level of anxiety. The anxiety level of prospective male teachers had 11% high, 74% had moderate, and 15% had a low level of anxiety, and in prospective female teachers, 14%, 69%, and 17% high, moderate, and low level of anxiety respectively.

To test the above hypothesis t-test has been done, and the result of this analysis has been summarized in the following table 3 and figure 2.

Table 3: t-test on mood swings of male and female prospective teachers during COVID-19.

Category	Male (141)		Female (758)		df	t-value	Critical value	Remarks
	Mean	SD	Mean	SD				
Mood Swings	24.86	4.21	22.70	4.45	897	5.52	2.58	Significant

the t value is significant at 0.01 level

FINDINGS ON HYPOTHESES TESTING

Testing Null Hypothesis – 1:

There is no significant difference in the mood swings of prospective teachers of different Jesuit Colleges with respect to their gender during COVID-19.

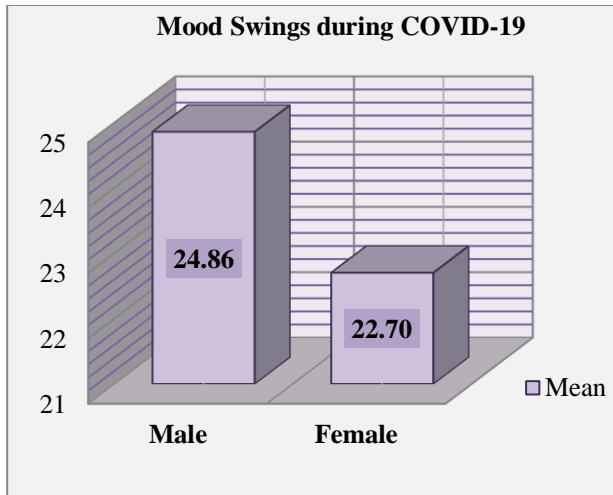


Figure 2 Mood swings of male and female prospective teachers during COVID-19.

Table 3 and Figure 2 reveals that the calculated t-value 5.52 is greater than the critical value 2.58 at 897 df. It is interpreted that the mean is significant at 0.01 level. Hence, the Null Hypothesis is rejected, and it can be said that there is a significant difference in the mood swings of prospective teachers of different Jesuit Colleges with respect to their gender during COVID-19.

Testing Null Hypothesis – 2:

There is no significant difference in the anxiety of prospective teachers of different Jesuit Colleges with respect to their gender during COVID-19.

To test the above hypothesis t-test has been done, and the result of this analysis has been summarized in the following table 4 and figure 3.

Table 4: t-test on the anxiety of male and female prospective teachers during COVID-19.

Category	Male (141)		Female (758)		df	t-value	Critical value	Remarks
	Mean	SD	Mean	SD				
Anxiety	20.87	3.54	19.91	3.48	897	2.99	2.58	Significant

the t value is significant at 0.01 level

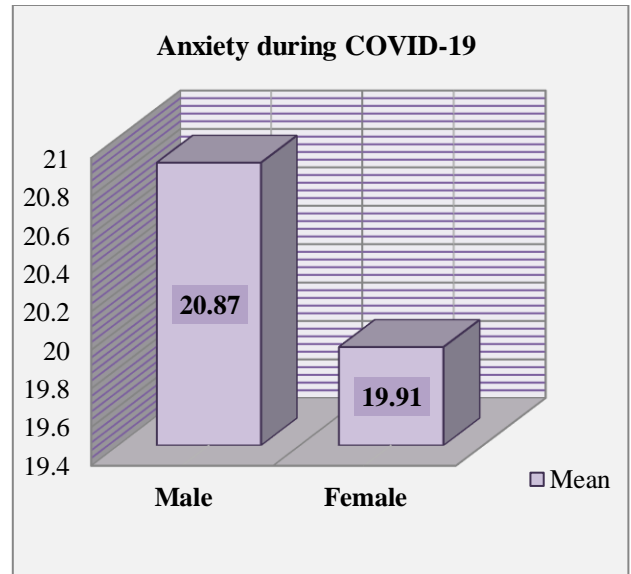


Figure 3 Anxiety of male and female prospective teachers during COVID-19.

Table 4 and Figure 3 reveal that the calculated t-value 2.99 is greater than the critical value 2.58 at 897 df. It is interpreted that the mean level is significant at 0.01 level. Hence, the Null Hypothesis is rejected, and it can be said that there is a significant difference in the anxiety of prospective teachers of different Jesuit Colleges with respect to their gender during COVID-19.

Testing Null Hypothesis – 3:

There is no significant difference in the mood swings of prospective teachers of different Jesuit Colleges with respect to their educational qualification during COVID-19.

To test the above hypothesis t-test has been done, and the result of this analysis has been summarized in the following table 5 and figure 4.

Table 5: t-test on mood swings of prospective teachers with respect to their educational qualification during COVID-19.

Category	Under Graduate (357)		Post Graduate (542)		df	t-value	Critical value	Remarks
	Mean	SD	Mean	SD				
Mood Swings of prospective teachers	22.56	4.25	23.33	4.61	897	2.59	2.58	Significant

the t value is significant at 0.01 level

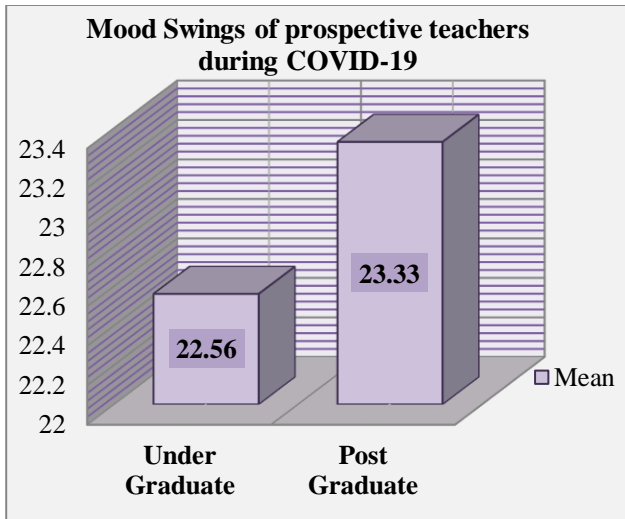


Figure 4 Mood Swings of male and female prospective teachers with respect to their educational qualifications during COVID-19.

Table 5 and Figure 4 reveals that the calculated t-value 2.59 is greater than the critical value 2.58 at 897 df. It is interpreted that the mean is significant at 0.01level. Hence, the Null Hypothesis is rejected, and it can be said that there is a significant difference in the mood swings of prospective teachers of different Jesuit Colleges with respect to their educational qualification during COVID-19.

Testing Null Hypothesis – 4:

There is no significant difference in the anxiety of prospective teachers of different Jesuit Colleges with respect to their educational qualifications during COVID-19.

To test the above hypothesis t-test has been done, and the result of this analysis has been summarized in the following table 6 and figure 5.

Table 6: t-test on the anxiety of prospective teachers with respect to their educational qualifications during COVID-19.

Category	Under Graduate (357)		Post Graduate (542)		df	t-value	Critical value	Remarks
	Mean	SD	Mean	SD				
The anxiety of prospective teachers	19.86	3.42	20.18	3.56	897	1.34	1.96	Not Significant

the t value is not significant at the 0.01 level

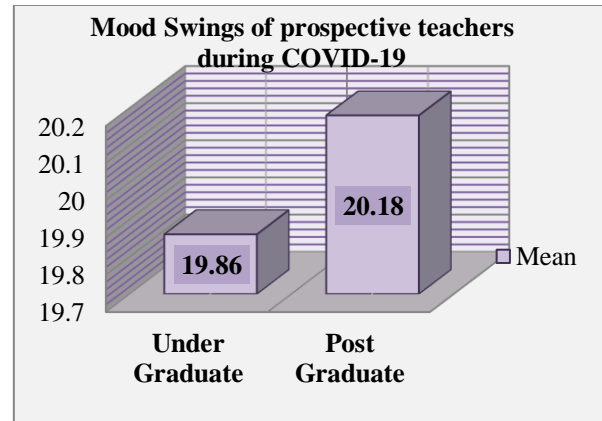


Figure 5 Anxiety of male and female prospective teachers with respect to their educational qualifications during COVID-19.

Table 6 and Figure 5 reveals that the calculated t-value 1.34 is greater than the critical value 1.96 at 897 df. It is interpreted that the mean is not significant at 0.05level. Hence, the Null Hypothesis is not rejected, and it can be said that there is no significant difference in the anxiety of prospective teachers of different Jesuit Colleges with respect to their educational qualifications during COVID-19.

Testing Null Hypothesis – 5:

There is no significant relationship between mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19.

For testing the above hypothesis, a correlation coefficient was found out, and the summary is shown in the following table 7.

Table 7 Correlation on mood swings and anxiety among prospective teachers during COVID-19.

	Correlation	Mood Swings among prospective teachers during COVID-19	Anxiety among prospective teachers during COVID-19
Mood Swings among prospective teachers during COVID-19	Pearson Correlation Sig. (2-tailed) N	1 899	0.535 .000 899
Anxiety among prospective teachers during COVID-19	Pearson Correlation Sig. (2-tailed) N	0.650 .000 899	1 899

Correlation is significant at 0.01 level.

From table 7, the calculated value of r is 0.53, which is greater than the critical value required at 0.01 level of significance. Hence Null Hypothesis is rejected. It means that there is a significant relationship between mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19.

DISCUSSION AND CONCLUSION

The students at the Jesuit Colleges of Education learn critical skills and acquire that knowledge and character which are worthy of becoming a responsible citizen. The findings of the study showed that the mean scores of the prospective male teachers in their mood swings and anxiety were higher than the prospective female teachers. Also, the obtained t-value, when compared to the table value, it is found to be significant at 0.01 level. Hence, the result reveals that there is a significant difference in mood swings and anxiety of prospective teachers of different Jesuit Colleges with respect to their gender during COVID-19. It is also found out there is a significant difference in mood swings of prospective teachers of different Jesuit Colleges with respect to their educational qualifications during COVID-19. But, the anxiety of prospective teachers with respect to their educational qualifications of different Jesuit Colleges of Education is found to be not significant. The correlation coefficient value is found to be more than the critical value required at 0.01 level of significance, which reveals that there is a significant relationship between the mood swings and anxiety among prospective teachers of different Jesuit Colleges during COVID-19.

The prevailing situation of COVID-19 is painful and worrying. Stress and worry impact our body and health in a variety of unhealthy ways. One such area can be our mood. Frustrations, worry, and a constant state of stress can lead to severe shifts in mood, along with other psychological issues. Almost the entire population of the nation is adversely affected by this COVID-19. So, in the present time, it is common to experience mood swings and anxiety periodically.

Given below are a few tips by which we might be able to regulate our moods and can overcome today's common problem of mood swings and anxiety:

- **Keep a schedule:** We should try to create a routine for ourselves, especially when it comes to sleeping patterns and eating.
- **Exercise regularly:** We should exercise regularly. Exercising on a daily basis has numerous benefits for nearly all aspects of our health, including mood.
- **Have a sound sleep:** A sound sleep is important for both a healthy mind-body and sleep deprivation can affect our mood.

- **Have a healthy diet:** A balanced, healthy diet can improve our mood and keep us healthy.
- **Practice meditation and relaxation:** We can calm our ups and downs of mood by engaging ourselves in calming practices like yoga or meditation.
- **Be Expressive:** We should always find a creative outlet to express ourselves.
- **Being social:** We should find someone to talk to, such as a friend, family member, or professional counselor, but certainly, we should not forget the practice of maintaining social distancing.

As Jesuit Education is based on '*curapersonalis*' (care for the person), the psychological needs of the person are addressed through counseling sessions. Mentoring is an integral part of Jesuit Education. This very fact brings forth a lot of goodwill among the students and is reflected in the philanthropic works that our Alumni-ae undertake to project their sense of loyalty towards their Alma Mater.

DISCLOSURE STATEMENT

The authors have no conflicts of interest to declare.

Authors' Contribution

The work was carried out in collaboration with all authors. Author P. Anthony Raj S.J. conceptualized the basic idea behind the research and provided support in the collection of the data. Author Vikramjit Singh managed the design of the study and provided support in analyzing the data. Author Rupa Gupta collected research-based pieces of evidence for the study and meticulously prepared the first draft of the manuscript covering all the essentials sections. All authors then read and approved the final manuscript.

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