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## A study on academic anxiety and psychological problems of school children during the pandemic: Covid 19 in context of participation in sports activities

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### Abstract

A study was conducted to find out the academic anxiety on the school children who are doing their classes online, due to the outbreak of pandemic for the period of one year. The main objective of this study is to gather information about the psychological behaviour and status of the academic anxiety among the school children. A population of 100 students studying within the range of classes 9-12 were selected randomly from various English medium schools in Paschim Bardhaman district. For conducting the research a questionnaire on academic anxiety (AASC) by A.K. Singh & A. Sengupta was used to find out the relation and status among them. After analyzing the data it was found that the students involved in sports activities were less affected by the lockdown phase than the others who were not exposed much with sports activities in home.

**Keywords:** academic anxiety, psychological behaviour & physical activities

### 1. Introduction

In the year 2020 the entire world surpassed through a very deadly situation where we have witnessed a complete scenario of pandemic, in all countries the word lockdown is screaming with fear among every citizen. It is known as Corona Virus or Covid 19 which disturbed the entire people of the world; every sector suffered and incurred a huge loss in all areas like economical, administrative, social, psychological and health. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. In this situation also the education system must have to run for the students, but they were not gathering in school, educational institution or public places. All they were locked in houses and limited themselves. The fear in mind and lesser utility of the energies creating a bad impact on their studies and psychological behavior.

As lockdown measures begin to ease, we require an understanding of what children have been experiencing during the lockdown period as well as how children can be best supported to resume to normal life, or the 'new normal', over the coming months and years. Pandemic forced the world's population to alter daily routines, including exercise habits. This unusual situation has physical, psychological, and behavioral consequences to all individuals, including elite and recreational athletes. School education is vastly affected in due course, the advancement of modern technology and promotion of e-learning has created a positive outlook on education system but the question is does it helping them in all ways or is there any negative impact of it or not ?

#### 1.1 Anxiety

Anxiety is your body's way of telling you that there is something in the environment in need of your attention. It is basically a series of biochemical changes in your brain and body, such as an increase in adrenaline (causing your heart to beat faster) and a decrease in dopamine (a brain chemical that helps to block pain)

#### 1.2 Academic Anxiety

Academic anxiety is one of the important factors to detrain the academic achievement of student, so there is need to manage academic anxiety to improve the academic performance.

### 1.3 Sports Activities

Sports activities are any bodily movement produced by skeletal muscles that requires energy expenditure. It refers to all types of physical and mental participation during leisure time, playing any game online or offline involves various expansion of dimension in personality of a child, or as part of a person’s work. Both moderate- and vigorous-intensity sports activity improve health. Regular sports activity is proven to help prevent and manage non-communicable diseases such as heart disease, stroke, diabetes and several cancers.

### 2. Objective of the study

In the present study, the objective was set to find out the following observations that are as follows:

- To find out the academic anxiety among the students involved in sports activities and students who had not involved with any sports activities.
- To generalize the status of psychological problems faced by the students during pandemic.

### 3. Material and Methodology

#### 3.1 Population and sample of the study

In this study a total of 100 students (50 boys & 50 girls) were

taken randomly from various English medium schools of Paschim Bardhaman affiliated to CBSE curriculum, the sample group was comprised of age group between 14-19 years, ranging in between classes 9- 12.

#### 3.2 Tools used in the study

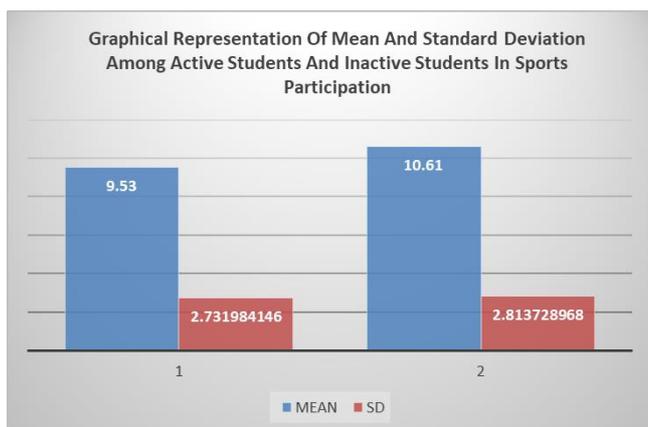
- Academic anxiety questionnaire (AASC) by A.K. Singh & A. Sengupta which comprises of 20 questions, along with it some questions were asked to collect information.
- Google forms were used to collect data from the students.
- Microsoft Office data analysis software was used for data collection and analysis.

#### 4. Date Interpretation and Analysis

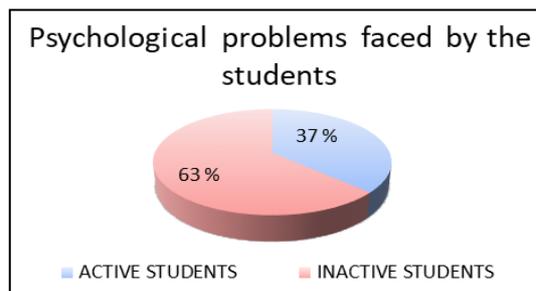
In conducting the study a close ended questionnaire on academic anxiety (AASC) along with some queries regarding the various psychological problems faced by the students who are satisfying all the biographical criteria (age, gender, proper sports participation information with relevant documents) were taken. An online method was used to take the data with a proper consent from principal/head of the institution of various schools and physical education teachers. From the above study the above findings are:-

**Table 1:** Academic anxiety among Active and Inactive students in sports activities

	Category	Mean	S.D	Critical value	p-value
Academic Anxiety(AASC)	Students participated in sports activities	9.53	2.73	1.972017	0.006439
	Students not participated in any sports activities	10.61	2.81		



**Fig 1:** Graphical Representation of Mean and Standard Deviation among Active Students and Inactive Students participated in Sports Participation



**Fig 2:** Psychological Problems Faced By the Student

From the collected primary data it has been analyzed and found that the mean for the students participated in sports was 9.53 with S.D of 2.731984 and mean of the students not participated in sports activities was 10.61 with S.D of 2.813729, the critical value was found to be 1.972017 along with tabulated value of 0.006439, thus it clears that the condition of academic anxiety among the active students and inactive students in sports participation. Students participated in sports activities are facing less academic anxiety than the in active students

**Table 2:** Psychological problems faced by the students

Students Facing Psychological Problems	Active Students	Inactive Students
	37	63

### 5. Conclusion

The intent of the study is to generalize the effect of lock down on the school students, during the pandemic period of nearly one and half year, neither the students are going to school nor they are in an open social disclosure so they are leading a different phase of life where restriction and boundation are influencing each and every students in personal and academic life. It has been observed that the students who participates in sports and games are having less impact on academic anxiety than the students who didn’t participates in sports. During the pandemic some students manages to stay active by doing at least 30 minutes of exercise or physical workouts in home, they faced nominal psychological problems with less stress and depression issues alongside some students stayed inactive and didn’t participated in any form of exercise or physical activities, they are having slight high academic anxiety and faced some kind of psychological problems. It may be considered that lack of social interactions, physical workouts, open interaction with friends and participation in sports activities lagging daily pragmatic learning of children, normal activities or exposure to sports activities are important and influential to lead a healthy and active life rather than e-learning and leading sedentary lifestyles.

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