

Association of Anxiety Problems with COVID-19 Pandemic among Young Women Pursuing Higher Education in Lucknow, Uttar Pradesh, India

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Abstract

This paper is aimed at delving into the level of anxiety due to the coronavirus (SARS-CoV-2) pandemic, among young women who were pursuing higher education. The study was conducted on women aged between 18 and 28 years living in the city of Lucknow, Uttar Pradesh, India. The participants were selected using purposive sampling technique. The socio-demographic profile and anxiety level of the participants were measured using an interview schedule and standard Coronavirus Anxiety Scale, respectively. The findings revealed that 15.38% of the respondents were potentially symptomatic with probable dysfunctional coronavirus-related anxiety and 84.62% had problematic symptoms requiring evaluation and/or treatment. The participants reported increased levels of anxiety due to the disruptions caused by the COVID-19 pandemic. Additionally, in terms of socio-demographic variables, postgraduate students of the Other Backward Category (OBC) reported higher levels of anxiety than the other social categories. COVID-19-related behaviours showed a significant association with probable dysfunctional coronavirus-related anxiety, whereas socio-demographic variables showed no direct association with probable dysfunctional coronavirus-related anxiety.

Keywords: COVID-19 Pandemic; Anxiety; Higher Education; Coronavirus Anxiety Scale; Psycho-anthropological; Higher Education.