

COVID-19 AND ITS EFFECTS ON STUDENT'S MENTAL HEALTH

KENNADY BURNETT, STEVEN LESNIKOSKI, JANINE MONICO, AND JOSEPH TOCCI SALEM STATE UNIVERSITY SCHOOL OF SOCIAL WORK. Faculty Sponsor Andrea Hein ~ IRB APPROVAL March 11, 2021 IRB contact 978-542-7177 or IRB@salemstate.edu

Introduction



Online learning, due to the COVID-19 pandemic, negatively affects students' mindset studying social work at Salem State University.

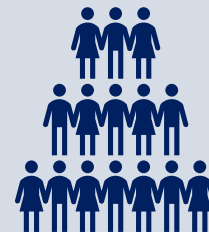
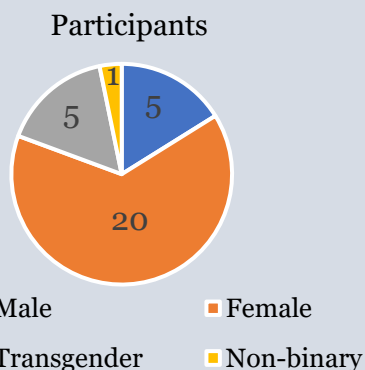


Quantitative study to depict the relationship between online learning and stress levels.

Sample of Participants

31 undergraduate social work students

Age range: 20-50 years old
Avg. Age: 28.5



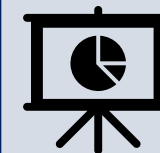
Procedure



☐ Data was collected utilizing the Perceived Stress Scale (PSS).



☐ SurveyMonkey distributed via email to participants.



☐ Survey measured stress and virtual learning effectiveness then stratified among demographics (undergrad year and race.)

Results

- ☐ Average Score between ALL participants when utilizing the Perceived Stress Scale is **21.7**. This indicates a **moderate** stress level.
- ☐ Participants on average had adequate equipment and internet connection.
- ☐ Almost never had distractions.
- ☐ Virtual learning has been slightly effective.

| | ANOVA Results | |
|--|-------------------------|------------------------|
| | Undergrad Year | Race |
| How stressful is virtual learning for you during the COVID-19 pandemic? | F(3,27)=1.08, p = 0.37 | F(3,27)=0.08, p = 0.96 |
| How much do you desire to return to the traditional classroom environment? | F(3,26)=0.725, p = 0.55 | F(3,25)=0.34, p = 0.79 |
| How effective has virtual learning been for you? | F(3,27)=0.017, p = 0.99 | F(3,27)=1.09, p = 0.37 |
| PSS Scores | F(3,27)=1.61, p = 0.21 | F(3,27)=0.71, p = 0.55 |
| All p values > 0.05, not significant | | |

| Survey Questions | Average Score | Interpretation based on Survey Scale |
|--|---------------|---|
| Accessible Equipment | 3.5 | Sometimes > Fairly Often |
| Adequate equipment | 3.5 | Sometimes > Fairly Often |
| I have an adequate internet connection to participate in virtual learning. | 3.15 | Sometimes |
| I have distractions which interfere with my ability to complete virtual learning | 2.6 | Almost Never > Sometimes |
| How effective has virtual learning been for you? | 2.9 | Slightly Effective > Moderately Effective |

*Answers based on a scale of 1-5