

Students Mental Health and Counselling Committee

Activity Report submitted to IQAC



Assessment of Well-being Index among college students amid covid 19 pandemic situation

conducted during 20/06/2021 to 25/06/2021

Students Mental Health and Counselling Committee of the college is established in accordance with the UGC notification No. F. 1-1/2020 (Secy) dated 5th April 2020 regarding Mental Health and Well-being of Students during and after COVID 19 outbreak.

As a part of adhering the guidelines issued by UGC and directions given by the college Principal Dr. R. H. Satpute and IQAC of the college, this committee has conducted the programme of “Assessment of Well-being Index” of College Students during 20/06/2021 to 25/06/2021 at the time of ending of second wave of Covid 19 pandemic situation.

It is an immense pleasure for committee to submit the report of this activity of study of “Well-being Index” among B.A. and B.Sc. students of the college.

Since last one and half year due to covid 19 pandemic situation and impact of subsequent lockdown huge population got affected with psychological, social, financial spheres of life including death of loved ones to domestic violence. College going student’s life is also drastically influenced due to this sudden surge of virus. Due to online education, screen addiction, limitations in physical activity, loss of job opportunities, educational sector and teaching learning process is largely affected during this pandemic situation. The study of mental and physical health along with other spheres of students’ life is necessary for fruitful changes in teaching learning process.

This activity has been conducted to find the well-being Index among the college students specifically on the background of covid19 pandemic situation and online teaching learning process. The concept of Well-being indicates the individual’s satisfaction in different domains of one’s life. It includes the objective and subjective parameters of life. The objective components include education employment status, financial responses and comforts of modern life. The subjective component involves the overall satisfaction and well-being. The term



psychological well-being is a subjective term connoting different meaning to different people. Personal Well-being includes meaning of life, absence of somatic symptoms, self-esteem, positive affect daily activities satisfaction, absence of suicidal ideas, personal control, social support, absence of tension and general efficiency. Well-being is not just the absence of disease or illness. It is a tangible and amorphous concept and depends upon the person's perception.

Importance of this Psychological Assessment Programme:

At the end point of the second wave of this covid 19 pandemic situation in Maharashtra it is important to assess the well-beingness among students, in the present scenario of covid 19 pandemic situation and residual effects due to fear of infection, illness, perhaps death of loved ones basically on the ground of online education. Results of this assessments will be helpful for students to understand and handle this stressful situation. This study is also helpful to parents to know how their children are psychologically affected amid this pandemic situation. This study is also helpful to teachers to understand the present psychological profile of their students and to handle accordingly the teaching-learning process.

Details of assessment process:

Principal Dr. R.H. Satpute sir and IQAC of the college encouraged to all committee members for ensuring maximum participation from students' side in the assessment process. Committee Members had taken special efforts to ensure the involvement of maximum college students of B.A. and B.Sc. in the programme.

Procedure adapted and Tools used for the assessment:

This psychological assessment has been conducted through online channel. The following well-being Index test is converted in the Google form. The involved students have to solve this test and submit it through google form. Total 229 students involved in the process.

Well-being Index –

This psychological test is developed by Prof. (Dr.) Vijayalaxmi Chouhan and Dr. Varsha Sharma. This test consists 50 statements related to emotional well-being, social well-being, psychological well-being, spiritual well-being, self-awareness and physical well-being of which 32 statements are positive and 18 are negative. This is five-point Scale. The items can be responded to by selecting from options; always, often, sometimes, rarely and never. Test-retest reliability of the scale is 0.71 and the validity of the scale is 0.85.

Results of the assessment of well-being Index:

Following tables depicted the results of this psychological assessment.



Table No. 1

Levels of well-being Index of given sample according to their raw score and Z score

Sl. No.	Raw score range	Range of Z score	No. participants came under this score range	Level of Well-being Index	Grade	Mean Score	SD
01	Above 185	+2.01 and above	166	Extremely high	A	211.97	13.78
02	165 to 184	+1.26 to 2.00	39	High	B	175.94	6.62
03	145 to 164	+0.51 to 1.25	19	Above average	C	157.14	5.54
04	116 to 144	-0.50 to +0.50	04	Average	D	132	6.73
05	Less than 116	-1.25 to -0.51	01	Below average	E	102	14.04
Mean Score of total 229 participants is 199.49 and SD is 25.06							

Table No.2

Percentage of students in the levels of Well-being Index of given sample

Level of Well-being Index	Grade	No. participants	Percentage of participants
Extremely high	A	166	72.48
High	B	39	17.03
Above average	C	19	8.29
Average	D	04	1.74
Below average	E	01	0.43

All 229 undergraduate students were studying B.A. and B.Sc. in the Government College of Arts and Science, Aurangabad. Total 121 female students and 108 male students were solved this psychological test through google form channel.

Result of this study shown that out of total 229 students, 166 students (72.48%) are extremely high level of well-being Index, 39 students (17.03%) are having high level of Well-being Index, 19 students (8.29%) are above average, 4 students (1.74%) are on average and one student (0.43%) is below average level of well-being Index. Mean score of all participants is 229.49 with 25.06 SD.

Further the results of the study shown that the Mean score of male students is- 199.13 (SD 25.11) and Mean score of female students is- 199.81 (SD 25.16) and the t-test value is- 0.206 which is not found significant. Hence it is found that there is no significant difference among male and female college going undergraduate students in terms of Well-being Index amid covid 19 situation.


This psychological assessment programme shows that the well-being Index of undergraduate college going students are not largely affected amid covid 19 as it was anticipated by the committee members prior to this study.

Under the guidance of Principal Dr. Rajendra Satpute and IQAC of the college, all committee members have made this programme successful.

Committee members:

- 1) Dr. Pradnyashaili Sawai
- 2) Dr. Sulochana Rathod
- 3) Dr. Surendra Thakur
- 4) Smt. Vaishali Shelke
- 5) Dr. B.R. Usare
- 6) Shri U.G. Miniyar
- 7) Dr. R. S. Kale (Coordinator of the committee)




Dr. Ramprasad S. Kale
Coordinator of the Committee



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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F. No 1-1/2020(Secy)

5th April, 2020

Subject: Mental Health & Well-Being of Students during and after COVID-19 outbreak

Ref: D.O. No Secy(HE)/MHRD/2020 dated 4th April, 2020

Dear Madam/Sir,

The University Grants Commission has been issuing regular advisories requesting HEIs to take all possible preventive and precautionary measures to ensure the safety and security of students, whether on campus in hostels or outside, as we confront the COVID-19 outbreak. During the period of national lockdown, it is equally important to address any kind of mental health and psychosocial concerns of the student community during and after COVID-19.

Therefore, in order to reassure the student community to avoid any kind of stress or panic in the prevailing situation vis-a-vis their studies, health and related issues, Universities and Colleges are requested to take the following measures for the mental health, psychosocial aspects and well-being of the students:

1. Set up help lines for mental health, psychosocial concerns and well-being of students in Universities / Colleges. To be regularly monitored and managed by Counsellors and other identified faculty members.
2. Regular mentoring of students through interactions, and appeals/letters by the Universities/Colleges to remain calm and stress free. This can be achieved through telephones, e-mails, digital and social media platforms.
3. Form COVID-19 help groups of students, headed by hostel wardens / senior faculty who can identify friends/classmates in need of help and provide immediate necessary help.

4. Share the following video links of Ministry of Health & Family Welfare <https://www.mohfw.gov.in/> on your University/College website, and with students and faculty via e-mail, through social media like Facebook, WhatsApp and twitter etc.:

- Practical tips to take care of your Mental Health during the Stay In <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>
- Minding our minds during the COVID-19 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
- Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>
- Behavioural Health: Pschy-Social toll free helpline - 0804611007

The implementation of the above measures may be regularly monitored and actions taken in this regard may be submitted on the University Activity Monitoring Portal of UGC at ugc.ac.in/uamp.

Stay Indoors. Stay Healthy. Stay Safe.

With kind regards,

Yours sincerely,



(Rajnish Jain)

To

The Vice Chancellors of all the Universities

The Principals of all the Colleges