



## Impact of the COVID-19 Pandemic on The Mental Health of College Students in Jaipur, India

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### Abstract

The COVID-19 pandemic has created an intellectual fitness disaster amongst university college students in India because of lockdown restrictions, overwhelming numbers of COVID-19 cases, economic difficulty, etc. This intellectual fitness disaster has led to high degrees of fear, anxiety, and depression among college students. This study aims to examine symptoms of anxiety, despair, and terror among Indian college students as a result of the COVID-19 pandemic. A response from N= 400 students (200 males and 200 females) across four colleges in Jaipur, India, provided a comparative analysis based on gender via a t-test with a significance factor of  $p \leq 0.5$ , to understand the pandemic's impact. After assessment of the psychometric scales, it was found that of the 400 students, 280 (70.0 %) had high fear of COVID-19, 120 (30.0 %) had moderate to severe depression, and 220 (55.0 %) had mild to severe anxiety. Among the identified risk factors, having a family member who was infected with COVID-19 was significantly associated with anxiety and depression, with P values of .03 and .0012, respectively. This research concludes that there is a very high fear of COVID-19 among students, along with anxiety and depression symptoms. This study also concludes that the Fear of COVID-19 Scale has a moderate positive correlation with the anxiety and depression scales, respectively. The results also show that female students are more concerned about health, and future, and are more prone to psychological issues like feelings of uncertainty, helplessness and outbursts than male students.

**Key Word: COVID-19, Mental Health, Pandemic, Students and Jaipur**