



POST PANDEMIC PSYCHOLOGICAL EFFECT OF COVID 19 TV NEWS COVERAGE ON UNIVERSITY STUDENTS

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Abstract:

This research has concentrated on the post pandemic psychological effects of Covid 19 news coverage on university students. The study's strength is that it demonstrates that when university students acclimated to the new coronavirus values in April 2020, they experienced significant levels of anxiety, depressive symptoms, and weak cognitive states. The study adds to the growing weight of evidence that increased screen use can have harmful mental health consequences. Both qualitative & quantitative methodologies were employed in the research. This paper aims to recognize regions where traditional media provides details regarding COVID-19 and social media fueled infodemics can hurt individuals' psychological wellness. This paper frames potential emergency correspondence arrangements that media and news associations can take on to ease the psychological wellness outcomes of COVID-19 inclusion. This study evaluated the impact of Covid 19 news coverage on university students through questionnaire survey to see how they affected both physically and mentally.

Key words: covid -19, News Coverage, University Students



Introduction

Pakistan was mainly the first country that ensured school shutdowns due to worldwide lockdowns. Research shows that endless news coverage related to covid 19 has affected the minds of young students. Reports provided by media that contains infodemics regarding the influence of COVID-19 on mental health may be a source of the adverse psychological effects on individuals. For the first time in the country's history, over five million educational institutions remained closed for eight consecutive months, resulting in severe academic and financial losses. (Rizwi, 2021) Children are the primary victims of this pandemic, according to a report by UNICEF.

The attention of media has unevenly coordinated towards the COVID-19 infodemic, with little thought for how pandemic-related media inclusion could impact an individual's emotional wellbeing. The trickery and misinformation encompassing COVID-19 that varies from a false and deluding "Chinese infection" story to utilizing sanitizers to "fix" COVID-19 has impacted people's psychological wellbeing. According to Browning et al. (2021), given the widespread coverage of the COVID-19 epidemic in the news, youthful, always-on individuals may be exposed to an increased amount of news, increasing the likelihood of anxiety & mental health issues. Like the previous outbreaks those connected with (SARS) in 2003, Influenza A in 2009, and Ebola in 2014 various specialists across the world guessed that COVID-19 will also affect the mental wellbeing of people.

This paper aims to recognize regions where traditional media provides details regarding COVID-19 and social media filled infodemics can hurt individuals' psychological wellness. This paper frames potential emergency correspondence arrangements that media and news associations can take on to ease the psychological wellness outcomes of COVID-19 inclusion.

Research Questions:

- Q1. To find the range of tv news coverage psychological impacts COVID-19 has had on students ?
- Q2. To find student profiles that would depict the range of psychological impact during the pandemic?

Literature Review:

Pandemic's restrictions on life Faisal et al. argue that women are becoming increasingly engaged on social networks to keep busy & keep connected. (2021). According to the



study findings, university students in Bangladesh suffered a substantial degree of mental anguish within one month following the outbreak of the COVID-19 epidemic, based on the measures cutoff scores. Using a snowball sampling approach, the poll obtained responses from present Bangladeshi people attending universities in Bangladesh & overseas. The study's strength is that it demonstrates that when university students acclimated to the new coronavirus values in April 2020, they experienced significant levels of anxiety, depressive symptoms, and weak cognitive states. This self-evaluation is the study's flaw. Subject to socioeconomic desirability, recollection bias, and bias from present procedures, the stated data obtained may have been skewed.

Spending lots of time following alerts about the evolving COVID-19 pandemic was a strong factor of anxiousness among Egyptian students, as per Ghazawy et al. (2021). The anxiety & panic have been heightened by the overbearing & dramatic articles, as well as inaccurate news stories. During the first week of May 2020, university graduates from Egypt were invited to take part in a "cross-sectional survey". The method utilized was a non-probabilistic snowball sampling method. A few of the study's key advantages is that it contains a pretty large group of students from various faculties at most Egyptian institutions around the region. There have been, however, several drawbacks, such as the following: For starters, because the study was cross-sectional, it was impossible to discern the direction of the impacts and whether some of the psychological impacts were pre-existing or new.

Dhar, Ayittey, and Sarkar (2020) noted that masks & sanitizers were in insufficient supply, and that devastating, upsetting and false news items on social media had heightened anxiety and panic. The research looked at individuals from both private & state universities in Bangladesh. Participants were selected at random from multiple universities in Bangladesh's various cities. The study's strength is that it shows that social welfare is also positively connected with anxiety in Bangladeshi university students, contrary to earlier findings. There were no evident limitations to the study.

According to Browning et al. (2021), given the widespread coverage of the COVID-19 epidemic in the news, youthful, always-on individuals may be exposed to an increased amount of news, increasing the likelihood of anxiety & mental health issues. Including during the epidemic, the study adds to the growing weight of evidence that increased screen use can have harmful mental health consequences. Both qualitative & quantitative methodologies were employed in the research. Web-based surveys from 7 US institutions were used to obtain "cross-sectional data". To ask students to take the surveys, appropriate & relevant samples were employed. The construction of psychological effect profiles utilizing information from universities in the U.S. is the study's key strength. This



sampling method, however, has a drawback. As all of the colleges in the study group taught solely online during their undergrad degrees, their states & cities may have had various amounts of social distance enforcement and laws.

Research methodology

Design and Setting of the Study

The data-gathering technique followed national and organizational ethical requirements as well as the "Helsinki Declaration". The data's privacy and confidentiality were retained. The non-probabilistic sampling approach was utilized in this investigation. The information was gathered from the wider populace in Pakistan's various provinces. Therefore, the anticipated sample size was expanded in order to reach as many people as possible and gather as much info as possible in order to improve the trustworthiness and universal applicability.

Procedure for Data Collection

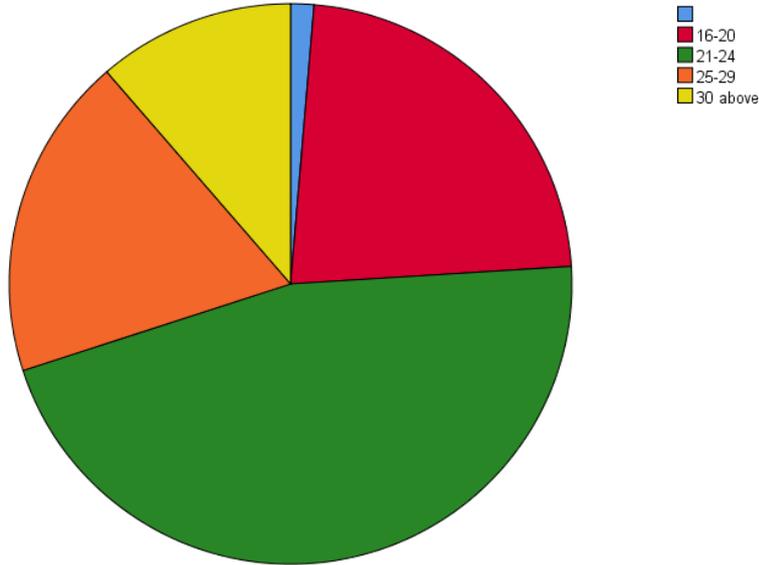
Because ordinary social interactions are affected by the general public, and because social distance and mobility limitations were enforced owing to lockdown, house isolation, and quarantine, information in the present situation was acquired using a tool: self-reported online information collecting. To obtain as much detail as possible, the questionnaire was distributed on social media and networking websites. While completing the survey, participants were given thorough information regarding the questionnaire, as well as the study's goals and objectives. The data's identity and privacy have been safeguarded by guaranteeing that the information supplied is kept totally secret, not shared with anybody, and is only used for research reasons. They were provided the chance to skip this question and discontinue at any point throughout the study if they did not feel confident in sharing information.

At the outset of the study, all respondents had to approve of their voluntary involvement by choosing the "Yes" option following a summary of the study's goal and objectives. The questionnaire may be filled out and submitted online by participants who have decided to participate willingly.

The instrument for Data Collection



A self-completed questionnaire was designed after an exhaustive literature search of previous research works. The draught was examined after the peer assessment and any necessary adjustments were made to complete the tool.



Statistical Analysis

The "Statistical Package for the Social Sciences", Version 21 was used for statistical tests (SPSS 21). Sexual identity and answers to each inquiry were categorical variables that were reported as numbers and percentages.

Discussion and Analysis

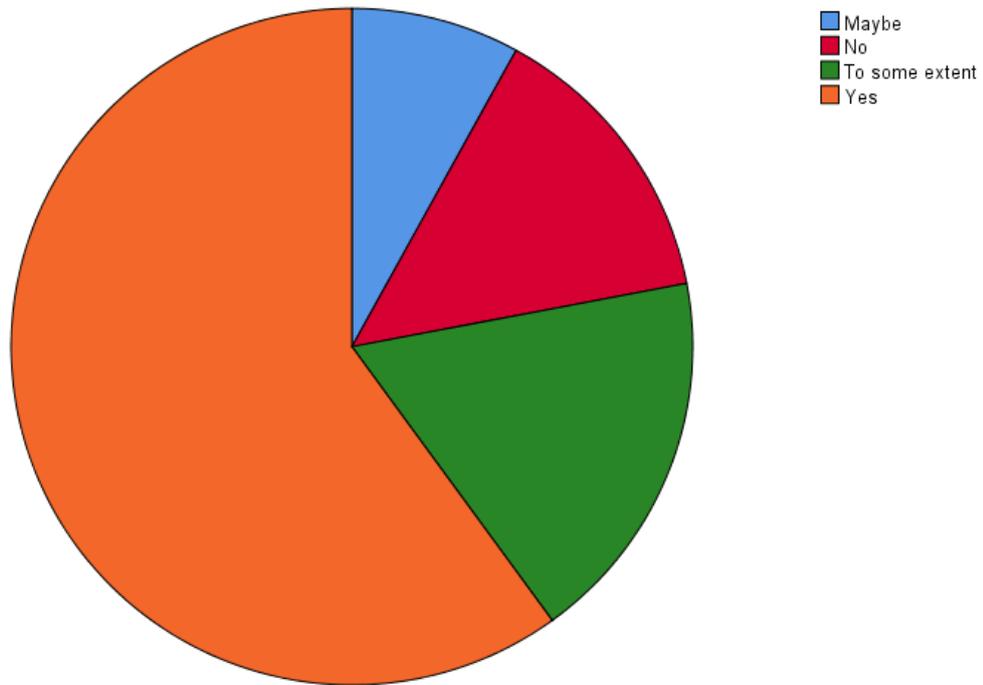
Figure 1:
Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	1.3	1.3	1.3
16-20	34	22.7	22.7	24.0
21-24	69	46.0	46.0	70.0
25-29	28	18.7	18.7	88.7
30 above	17	11.3	11.3	100.0
Total	150	100.0	100.0	



Table 1.1 show the sample age group which is 16 to above 30. 22.7% are between the ages of 16-20, 46% are among 21-24 age set, 18.7 are between the age of 25-29 and 11.3% are from age of 30 above.

Figure 2
Did Covid-19 pandemic had an effect on your academic performance?

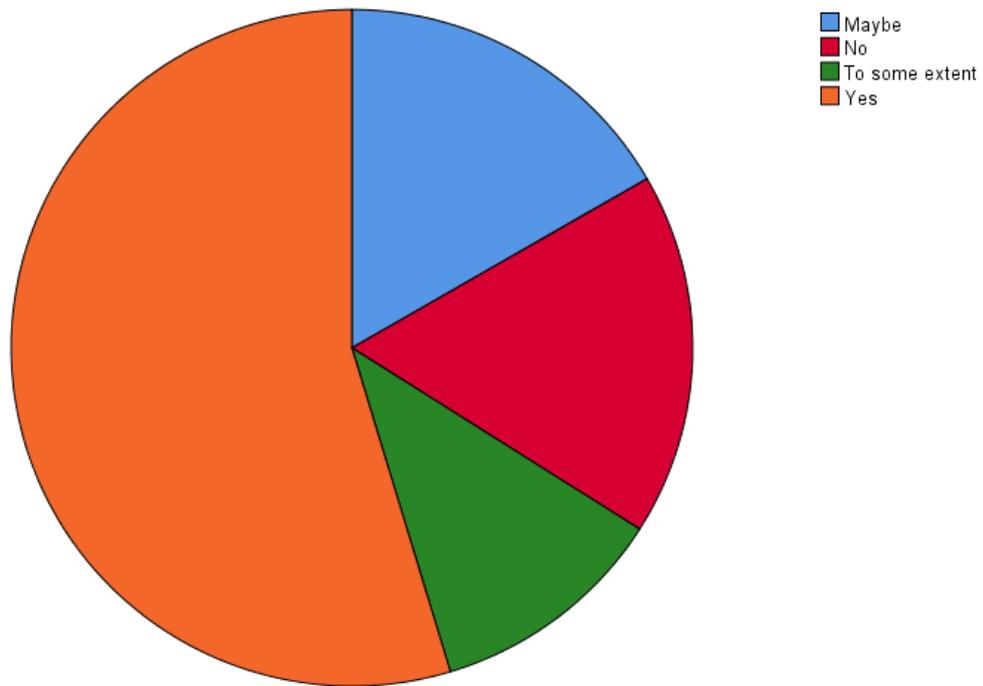


		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maybe	12	8.0	8.0	8.0
	No	21	14.0	14.0	22.0
	To some extent	27	18.0	18.0	40.0
	Yes	90	60.0	60.0	100.0
Tota		150	100.0	100.0	



In fig 2 shows the covid19 pandemic effect on student academic performance 60% answered yes, 14% respondent no, 8.0 relied maybe and 18.0% answered to some extent.

Figure 3:
Did you spend more time on social media as compared to your study?

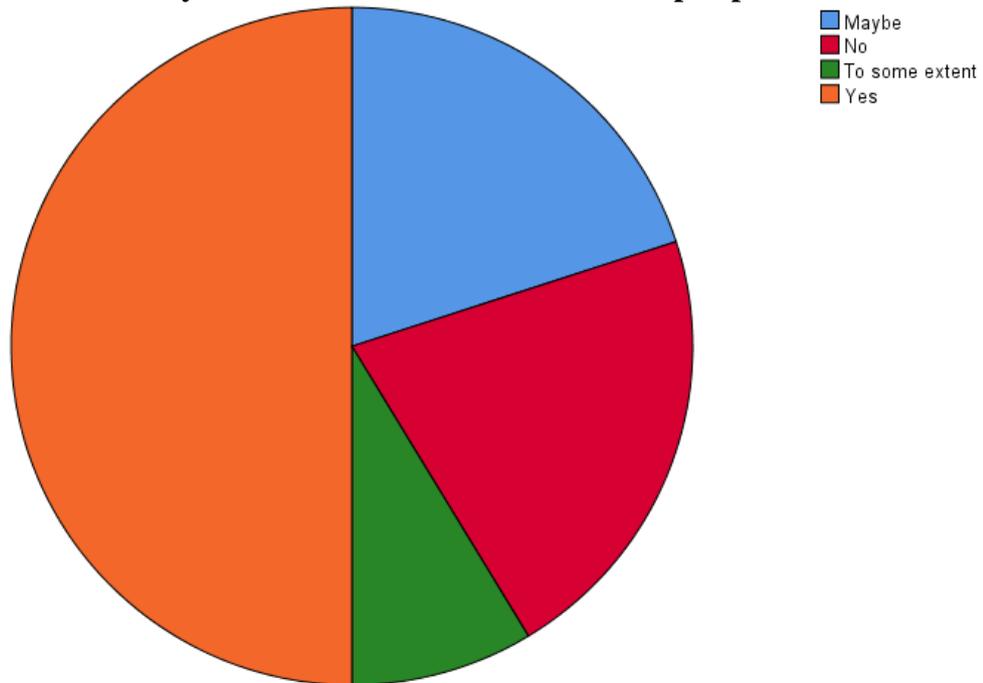


		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maybe	25	16.7	16.7	16.7
	No	26	17.3	17.3	34.0
	To some extent	17	11.3	11.3	45.3
	Yes	82	54.7	54.7	100.0
Total		150	100.0	100.0	



In table 3 shows the respondent opinion that did they spend more time on social media as compared to your study, 54.7% respondent as yes, 17.3 respondent no, 16.7% replied maybe and 11.3% replied to some extent.

Fig 4:
Do you think university students had more worse effect of postpandemic?

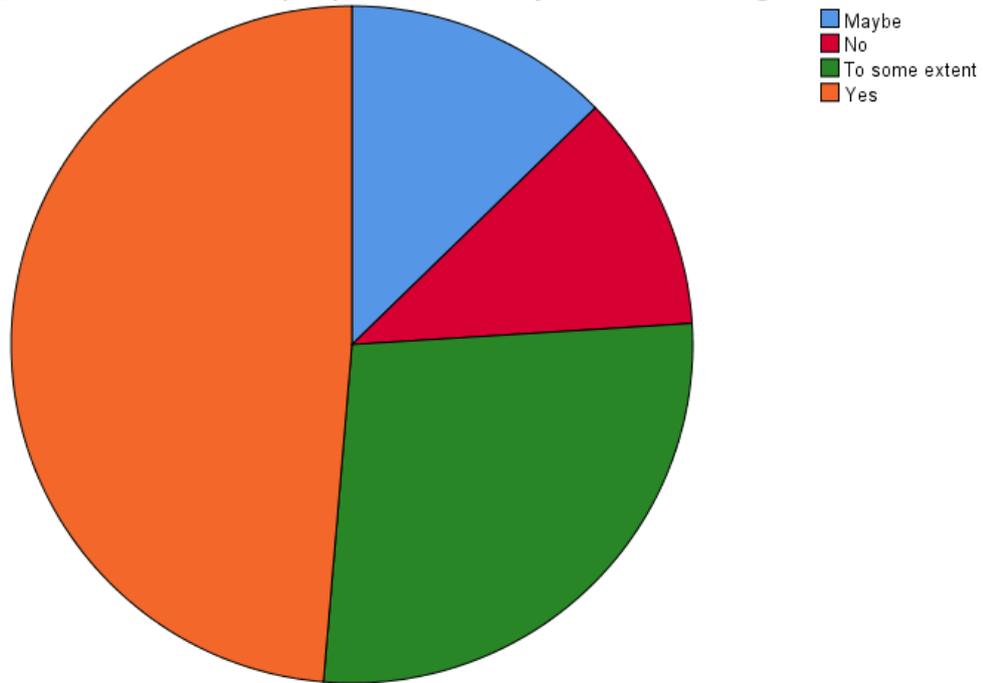


		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maybe	30	20.0	20.0	20.0
	No	32	21.3	21.3	41.3
	To some extent	13	8.7	8.7	50.0
	Yes	75	50.0	50.0	100.0
Total		150	100.0	100.0	



In figure 4 show the respondent opinion that they think university students had worse effect of postpandemic. 50.0% respondent as yes, 21.3% as No, 20.0% replied as maybe, 8.7% respond as to some extent.

Fig 5:
Has post pandemic affected your mental well-being?



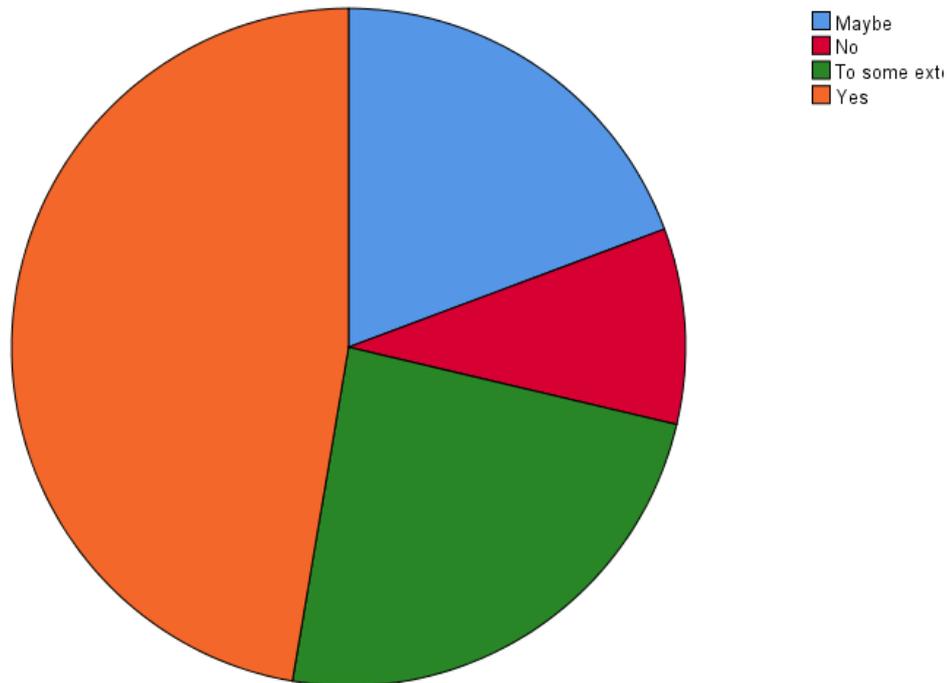
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maybe	19	12.7	12.7	12.7
	No	17	11.3	11.3	24.0
	To some extent	41	27.3	27.3	51.3
	Yes	73	48.7	48.7	100.0
Total		150	100.0	100.0	



In figure 5 shows the respondent opinion on has post pandemic affected your mental wellbeing. 48.7% percent respondent as Yes, 11.3% respond no, 12.7% respond as Maybe and 27.3% respond as to some extent.

Fig 6:
Do you think the society can thrive post pandemic?

In figure 6 shows the respondent opinion about they think the society can thrive post pandemic. 47.3 % percent respondent as Yes, 9.3% respond no, 19.3% respond as Maybe

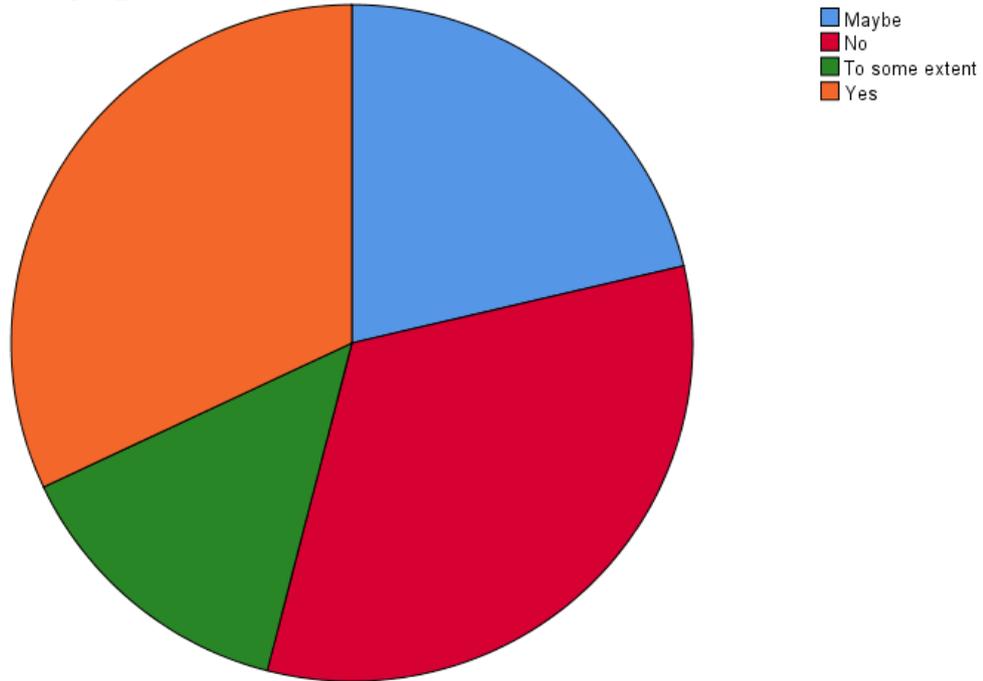


		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maybe	29	19.3	19.3	19.3
	No	14	9.3	9.3	28.7
	To some extent	36	24.0	24.0	52.7
	Yes	71	47.3	47.3	100.0
	Total	150	100.0	100.0	



and 24.0 % respond as to some extent.

Figure 7:
Did you fear dying after watching the Covid-19 death news?

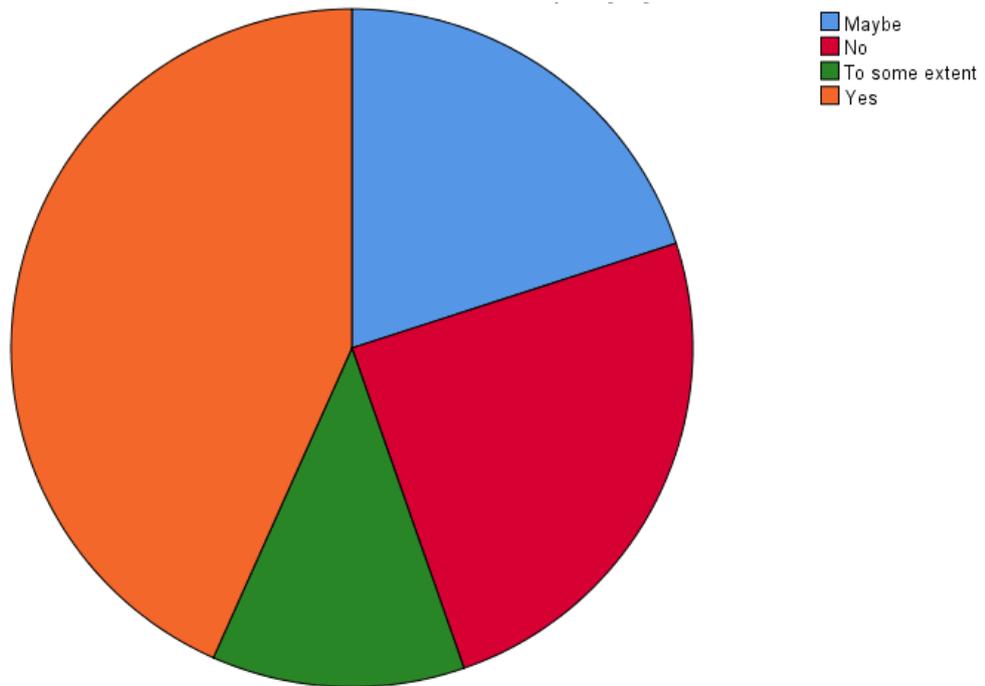


		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maybe	32	21.3	21.3	21.3
	No	49	32.7	32.7	54.0
	To some extent	21	14.0	14.0	68.0
	Yes	48	32.0	32.0	100.0
	Total	150	100.0	100.0	



In figure 7 shows the respondent opinion about did they have a fear of dying after watching the covid19 death news. 32 % percent respondent as Yes, 32.7 % respond no, 21.3% respond as Maybe and 14.0% respond as to some extent.

Figure 8:
Has Covid-19 affected the quality of your life?



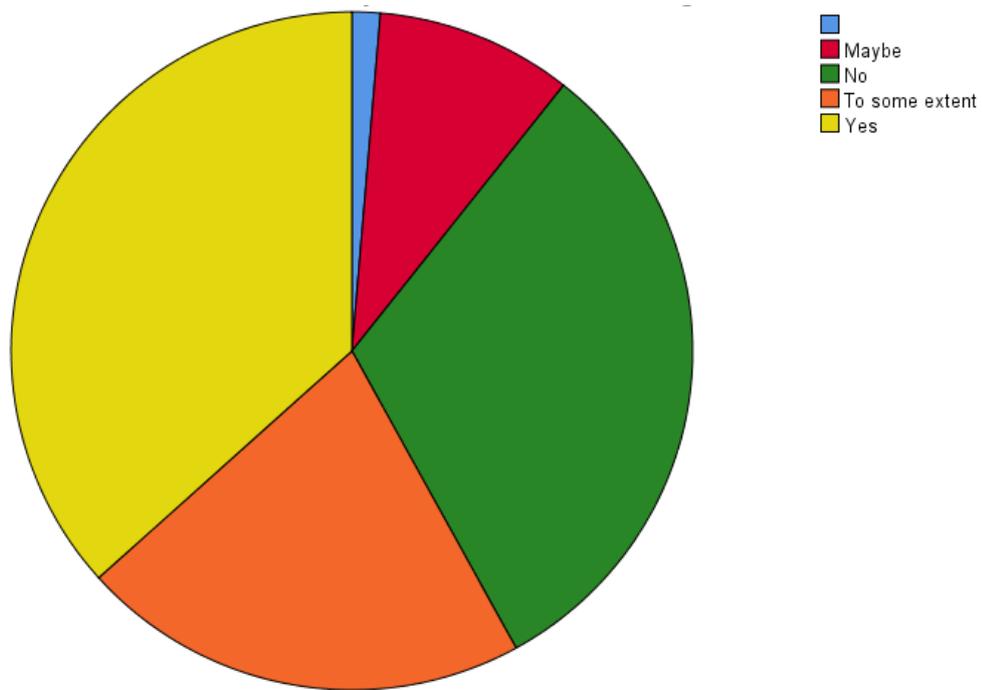
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Maybe	30	20.0	20.0	20.0
	No	37	24.7	24.7	44.7
	To some extent	18	12.0	12.0	56.7
	Yes	65	43.3	43.3	100.0
Total		150	100.0	100.0	



In figure 8 shows the respondent opinion about has Covid-19 affected the quality of their life 43.3% percent respondent as Yes, 24.7% respond no, 20.0% respond as Maybe and 12.0% respond as to some extent.

Figure 9

Did the university look after the mental well-being of students?



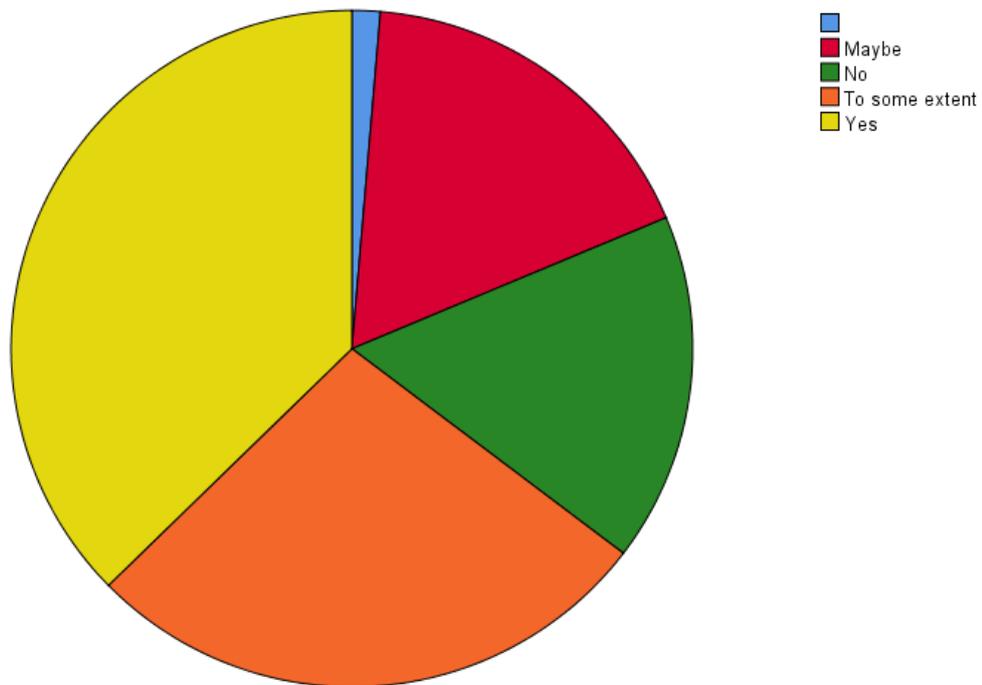
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	1.3	1.3	1.3
Maybe	14	9.3	9.3	10.7
No	47	31.3	31.3	42.0
To some extent	32	21.3	21.3	63.3
Yes	55	36.7	36.7	100.0
Total	150	100.0	100.0	



In figure 9 shows the respondent opinion about the university look after the mental well-being of students. 36.7% percent respondent as Yes, 31.9 % respond no, 9.3% respond as Maybe and 21.3% respond as to some extent.

Fig 10

Do you think university students coped up well with socialization?

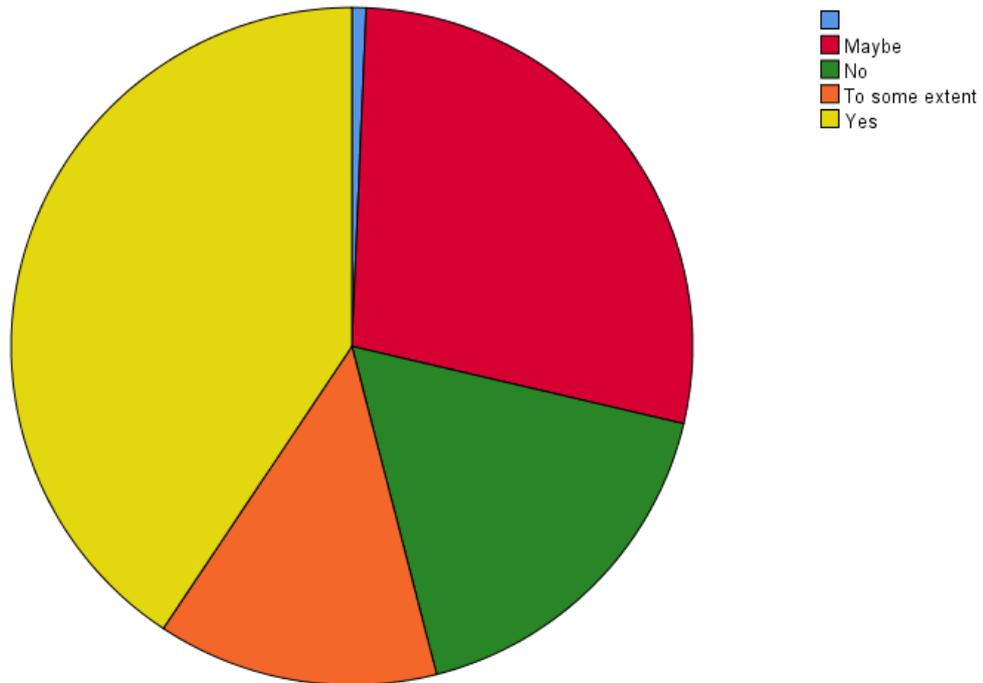


	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	2	1.3	1.3	1.3
Maybe	26	17.3	17.3	18.7
No	25	16.7	16.7	35.3
To some extent	41	27.3	27.3	62.7
Yes	56	37.3	37.3	100.0
Total	150	100.0	100.0	



In figure 10 shows the respondent opinion about what they think university students coped up well with socialization. 37.3 % percent respondent as Yes, 16.7% respond no, 17.3% respond as Maybe and 27.3% respond as to some extent.

Figure 11:
Do you think media built any sort of Covid19 stigma for the long run?



	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	.7	.7	.7
Maybe	42	28.0	28.0	28.7
No	26	17.3	17.3	46.0
To some extent	20	13.3	13.3	59.3
Yes	61	40.7	40.7	100.0
Total	150	100.0	100.0	



In figure 11 shows the respondent opinion about what they think media built any sort of Covid-19 stigma for the long run. 40.7% percent respondent as Yes, 17.3% respond no, 28.0% respond as Maybe and 40% respond as to some extent.

Discussion and Analysis:

The findings of this research have helped us comprehend the impact of COVID-19 on the psychological well being of students during the pandemic. The widespread following of COVID-19 news by the youth led to an increase in feeling of anxiety and mental health issues among them. The findings of the research have helped us understand the objectives for this research which are to identify the range of psychological impacts COVID-19 has had on students and to develop student profiles that would depict the range of psychological impact during the pandemic. According to figure 1, 22.7% of the sample belonged to the age group 16-20. 46% belonged to the age group of 21-24. 18.7 are between the age of 25-29 and 11.3% are from age of 30 above.

The first question asked from the sample was the effect of COVID-19 pandemic on student academic performance and according to figure 2, 60% answered yes the pandemic had effected their academic performance 8.0 relied maybe and 18.0% answered to some extent. The students were then asked whether they spent more time on social media instead of studying to which 54.7% responded yes they did, 16.7% replied maybe and 11.3% replied to some extent, according to figure 3. Furthermore, when it comes to university students, 50.0% agreed in figure 4 that according to them university students faced the worse effects of post pandemic, 20.0% replied as maybe, 8.7% respond as to some extent and that in figure 5, 48.7% said that post pandemic effected their mental well being, 12.7% respond as Maybe and 27.3% responded as to some extent, hence proving one of the main objectives of this research which is to identify whether the pandemic effected the mental well being of students or not.

Furthermore, the respondents were asked whether they think society will be able to thrive post pandemic to which 47.3 % in figure 6 responded yes it can. To better understand the range of psychological impact of the pandemic, students were asked whether they feared dying when they saw COVID-19 death news to which 32 % percent confirmed they did but 32.7% stated that they did not (figure 7). In figure 8, 43.3% percent stated that COVID-19 has affected the quality of their life in some way. Figure 9 showed the students opinion regarding how well their universities coped with the pandemic's effect on the students to which 36.7% confirmed that the university took steps to handle the student's mental well being. In figure 10, 37.3 % percent respondents said that university students coped up well with socialization. The respondents were also asked if they thought the media had built a



COVID-19 stigma for the longer run to which 40.7% percent said it had in figure 11. In this way, the range of psychological impact of COVID-19 on the students was observed through these questions and that the pandemic had a significant impact on the student's mental well being.

According to the literature reviewed for this research, it showed that women are now increasingly engaged on social networks to keep busy and connected (Faisal et al, 2021). The findings of our research support this clause as well, as shown in figure 3, students spend more time on social media then they do studying. This increases time spent worrying over pandemic related news, giving rise to the probability of increased anxiety and mental pressure in the person.

As mentioned in the literature review by (Dhar, Ayithey & Sarkar, 2020) university students of Bangladesh faced several levels of mental anguish as a result of the COVID-19 pandemic, and that upsetting and false news on social media heightened the feeling of anxiety and panic among the students. According to the findings of this research, the majority of the respondents agree that university students had to face the worse effects of the pandemic, their mental well being was adversely effected, the students also feared dying after seeing covid-19 related news and that the pandemic has affected the quality of their life according to figure 4, 5, 7 and 8.

Figures 4, 5, 7 and 8 also support a similar case for the students of US universities according to Browning et al. (2021) in the literature review, which stated that increased exposure of students to the covid-19 news also increased the likeliness of anxiety, pressure and mental health issues in the students. The findings of the research show a similar reaction in students of Pakistan also, not only specific to one province, but an overall research finding.

Similarly, as stated by Ghazawy et al. (2021), due to spending a large amount of time following COVID-19 alerts on the social media, Egyptian students faced an increased anxiousness. The research findings of this study confirm a similar situation with students of Pakistan where they felt an increased feeling of anxiety due to spending more time on social media (figure 3 and 4), setbacks in their academic performance (figure 2), and other mental and psychological setbacks like decreased mental well being, fear of death and decreased quality of life (figure 5, 7, 8).



Conclusion:

Therefore, to sum up the findings, the COVID-19 pandemic news and situation has had a significant effect on students as well as their academic performance and mental well being. The findings suggested that keenly following the Covid-19 pandemic news increased the probability of anxiety, pressure and negative impact on mental health among the students. The pandemic also resulted in an increased time spent browsing the social media for pandemic related news which also increased the fear of dying among other fears in the students. Universities have not been as successful in taking the appropriate steps to look after the students well-being post pandemic. Students are still suffering from the after effects of the pandemic and media is playing a huge role in developing a stigma regarding the COVID-19 pandemic in the longer run. Hence, this study was able to develop student profiles to depict the range of psychological impact during the pandemic on students.



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