

# Coronavirus' Effect on College Students' Mental Health and Overall Well-Being

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## Hypothesis

1. The first hypothesis is that Covid-19 has caused changes in normal life routines in college students.
2. The second hypothesis is Covid-19 has led to more stress seen in college students.
3. The final hypothesis is there are mixed feelings regarding online learning for students (some are for, others against).

## PARTICIPANTS

- ❖ 54 Students
- ❖ 49 Women/5 Men
- ❖ Average Age = 22
- ❖ Classification
  - ❖ Freshman (N= 1)
  - ❖ Sophomore (N= 1)
  - ❖ Junior (N= 9)
  - ❖ Senior (N= 43)
- ❖ Race
  - ❖ African American (N =51),
  - ❖ White, (N= 0),
  - ❖ Latino (N =1),
  - ❖ Asian (N =1),
  - ❖ Middle Eastern (N = 1)

## MEASURES

- Stress scale (Range = 6-20; 20 = high stress; M = 12.43)
- COVID Stress scale (Range = 1-10; 10 = high COVID stress; M = 5.17)
- Depression scale (Range – 0-5; 5 = high depression; M = 1.53)
- GPA (Range: 2.5-2.99 & 3.0-3.499)

## RESULTS

1. COVID-19 and Depression  
 $r=.368$   $p=.007$  : Not significant  
Stress and Depression  
 $r=.492$   $p= .000$  : Not significant  
Those who indicated stress levels did not report to have depression
2. GPA and COVID-19  
 $r= .015$   $p= .918$  : Significant  
Participants indicated that their GPA was effected by Covid-19 (either increase or decrease in grade point average).
3. COVID-19 and Online Sat  
 $r= .068$   $p= .630$  : Significant  
Participants reported Covid-19 had an effect on their attitude towards online sat. (for or against)

## DISCUSSION

1. Many students have reported to miss their life and learning habits prior to covid-19
2. Some Students have reported that COVID-19 has caused them to fall into depression and increase their stress level.
3. Many of the student's GPA was not negatively affected by COVID-19. Almost half of the student's GPA are above 3.0.