



ISSN: 2249-7307

Vol. 11, Issue 8, August 2021

SJIF – Impact Factor = 8.075 (2021)

DOI: 10.5958/2249-7307.2021.00011.6

**UNDERSTANDING THE PERCEPTIONS AND ASSESSING THE STRESS
LEVELS OF LEARNERS DUE TO ONLINE LEARNING AS IMPOSED BY
COVID-19 STUDYING IN UNDERGRADUATE PROGRAMS IN ASSAM,
INDIA**

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ABSTRACT

*In a global phenomenon unseen in recent decades, SARS-CoV-2 (COVID-19) has scoured across entire continents and has stirred an immediate international action. This summons an understanding of the learner's mental health needs during the outbreak, along with the precautionary measures for promoting physical and psycho-social health during the pandemic. **Materials and Methods:** This cross-sectional mixed method descriptive study investigates the stress levels of 30 learners pursuing their undergraduate by administering 'A Perceived Stress Scale Questionnaire' within the age group of 18-21 years and qualitative thematic analysis of 03 learners respectively. **Results:** The study's findings show that 40% of the respondents felt that things were going in their way very often, and yet 40% of the respondents were angered because of things outside of their control very often. The in-depth interviews threw light on what problems were the respondents facing. All the learners being interviewed stated that they met academic burnout due to the pressure of the online classes and physical distancing led them to not share things with their close-knit circle, which affected their mental health.*

KEYWORDS: *Psycho-Social, Burnout, Distancing, Phenomenon*

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