Academic Resilience of Adolescent Students During COVID-19 Pandemic Situation

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Abstract

Present paper tries to find out the academic resilience of adolescent students in the COVID-19 pandemic situation with reference to their socio-economic status and location. Descriptive survey research method has been followed in this study. The sample of the study comprises 150 adolescent students belonging to Grade IX from Provincialised high schools of Jorhat district, Assam. Data were collected personally by the investigators with the help of an academic resilience Scale. Simple percentage, t-test, ANOVA and Post-hoc test was used for analysing the data. 42.67 per cent of the adolescent students were found to have Moderate academic resilience level and 32.67 per cent and 4 per cent of the adolescent students were found to have low and extremely low academic resilience level. Remaining 20 per cent of the adolescent students were found to have high academic resilience level. Significant difference was found in the adolescent students' academic resilience level in the COVID-19 pandemic situation when compared with reference to their location and socio-economic status.

Introduction

The COVID-19 pandemic has brought drastic changes all over the world since 2020 onwards. No one was prepared for dealing with such a deadly virus that overtook everything and brought the situation to stand still. Millions of people are dead, many abandoned and every aspect of life has been affected. It may only be a challenge for the developed countries that are very much acquainted and updated with the medical facilities but for a developing country like India it turned out to be a curse where people had to suffer and are

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still suffering from it. According to the brief report by Bahl, Bassiand Arora, (2021), "11,005,850 million confirmed cases of COVID-19 and 156,418 deaths have been recorded in India". People were hardly able to overcome the trauma then suddenly the second wave was as its peak. It was fully successful in hampering the smooth functioning of all the sectors creating imbalance everywhere. And one of the important sectors that this study is going to focus on is the education sector. The whole education system turned upside down in India as it had to move to online mode of teaching and learning within few months.

It is often very easy to talk about online class but when it comes to the application part it requires enough expertise on the part of teachers, student's sincerity, motivation, etc., and most importantly gadgets to make it possible. This pandemic has anyway made the life of individuals complicated. It has changed the whole scenario of work culture making the teaching-learning process more challenging and difficult. This has certainly affected the academic life of the students especially for the adolescence, which is a period of transition and full of ups and downs. Here, academic resilience of the adolescent students plays a major role. Because if a person is resilient enough, they can cope and overcome the obstacles on their way and do well in their academics.

RATIONALE OF THE STUDY

Adolescence is the crucial stage of one's life where the growth and development of an individual takes a different turn. It is more of a complicated phase filled with doubts, curiosity, energy, etc., which need to be guided in a right direction for their proper development as whole. Due to the pandemic, it has become more challenging as the schools were closed and shifted to online mode where the kind of supervision and guidance needed was hardly possible. The financial condition of many families was such that it became more difficult to fulfil the basic requirement for online education. From a survey report conducted in April 2020 by Bahl, Bassi and Arora (2021), "on 1–12th standard students from 23 states of India, it was found that 43.9 per cent of the students have smart phones, another 43.9 per cent of students have basic phones, and 12 per cent of the students do not have either smart phones or basic phones". Again there are network issues, lack of knowledge of digital use on the part of teachers and students, etc. Apart from these when an individual gets stuck at home for months together, not able to go out due to the fear of COVID-19 leads to increase in stress which is not good for mental health. Especially the adolescents are worst affected by this as they go through a different thought process. All these have had certain negative effects in the academic life of the adolescent students. Therefore, it is very important to find out the

academic resilience of the adolescent students so that emphasis can be given on its development through various measures.

Some of the studies in relation to academic resilience of Adolescents during COVID-19 were like by Asiyah, Kumalasari, and Kusumawati (2020) who conducted a study from social support aspect and students resilience at the time of pandemic and found that social support plays an important role in increasing student's resilience at the time of pandemic. Sharma and Sood (2020) found that resilience significantly predicts perceived well-being both directly and indirectly and found that perceived distress and psychological well-being are not on the same continuum. Octavius, Silviani, Lesmandjaja, Angelina and Juliansen (2020) stated that COVID-19 and mental health goes hand in hand so both need to be focused. Eva, Parameitha, Farah and Nurfitriana (2021) stated that resilience is important for online learning among the students for their subjective well-being at the time of COVID-19. Yuan (2021) reported that mindfulness training is important at the time of the COVID-19 pandemic to increase student's resilience and emotional intelligence. Therefore, focus should be given on providing mindfulness training program. Sarmiento, Ponce and Bertolin (2021) reported high levels of resilience among the university students, irrespective of socio-demographic variables at the time of COVID-19. Branje and Morris (2021) stated that during the pandemic many adolescents had to go through depressive symptoms, negative effect, loneliness and lower academic adjustment.

OBJECTIVES

1. To find out the academic resilience of adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation.
2. To find out the academic resilience of adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation with reference to location.
3. To find out the academic resilience of adolescent studentsof Jorhat District, Assam during the COVID-19 pandemic situation with reference to socio-economic status.

HYPNOTHESES

Ho 1— There will be no significant difference in the academic resilience of Adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation with reference to their rural and urban location.

Ho 2— There will be no significant difference in the scademic resilience of adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation with reference to high, middle, and low socio-economic status.

Methodology

The present study is a quantitative type of research and the investigator has followed Descriptive Survey Research method to study the problem.

SAMPLE

The population of the study is adolescent students of provincialised high schools in Jorhat district, Assam, India. Five provincialised high schools were selected randomly from Jorhat District, Assam, India. From the five schools all the IX standard adolescent students present in the classes were selected as the number of students in the classes were very less due to the COVID-19 pandemic situation. Thus the final sample comprised of 150 Grade IX adolescent students.

TOOL USED

A self-developed academic resilience scale for the Secondary level students consisting of 40 items was used for the collection of data. It was developed under the five dimensions of academic resilience that are socio-emotional, motivation, cognitive, meta-cognitive and self-belief. From the spearman-brown formula, the reliability of the scale was found to be 0.75 and 0.76 by using Cronbach's Alpha method. Both face and content validity of the scale was established through critical discussions with eight experts from education background. Content validity index of the scale was found to be 0.81 which shows that the items were highly relevant. The content validity index was found through the method developed by C. H. Lawshe, 1975. And the intrinsic validity was found to be 0.86 which is the square root of the reliability coefficient measured through Spearman Brown Formula. From this, it can be considered that the test measures the true ability of the subject to the extent of 86 per cent; thus the validity of the scale can be considered to be 0.86.

PROCEDURE OF DATA COLLECTION

Data was collected personally by the investigators by maintaining the COVID-19 protocol as declared by the Government of Assam, India. Participants were asked to abide by the rules by sanitising their hands, wearing mask, and maintaining one hand distance from their peers. With the help of self developed academic resilience scale, data were collected from 150 Grade IX adolescent students from selected high schools. Clear cut instructions were given to the participants to fill up the responses to the items in the scale. Students returned the filled-up scales to the investigators which were then systematically pooled for analyses.

STATISTICAL TECHNIQUES USED

Statistical techniques used to analyse and interpret the data are Simple percentage method, Mean, SD, t-test, ANOVA and Post-hoc test.

ANALYSIS AND INTERPRETATION OF DATA

The analysis and interpretation of the data were as per the objectives and hypotheses of the study.

Objective 1

To find out the academic resilience of Adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation.

Table 1
Academic Resilience Level of Adolescent Students During the Covid-19 Pandemic Situation

Total number of students	Extremely Low (120 and below)	Low (121–140)	Moderate (141–160)	High (161 – 180)	Extremely high (181 and Above)
150	6 (4%)	49 (32.67%)	64 (42.67%)	31 (20%)	0

Finding

From Table 1, it is found that 4% of the adolescent students come under extremely low category of academic resilience. 32.67 per cent of the adolescent students come under the low category of academic resilience. 42.67 per cent of the adolescent students come under the moderate category of academic resilience. Only 20 per cent of the adolescent students come under the high category of academic resilience and none were found in the extremely high category of academic resilience.

Discussion

From the above Table, it can be said that majority of the adolescent students were found to have moderate academic resilience level while some adolescent students were found to possess high academic resilience level. Some adolescent students also come under low and extremely low academic resilience level. One of the important factors behind this low academic resilience level among many adolescent students is the pandemic. It has certainly created imbalance in the regular teaching-learning process by sudden transition from the offline to the online mode. As availability of the digital infrastructure is the biggest challenge in each and every school along with the students (Chaturvedi, Vishwakarma and Singh, 2021). Apart from this, the social restrictions imposed due to the pandemic have led to less interaction with the peers which ultimately led to low energy or drive on the part of adolescent students, creating an academic stress effecting the academic performance of the students (Mahapatra and Sharma, 2021).

Objective 2

To find out the academic resilience of adolescent students of Jorhat

District, Assam during the COVID-19 pandemic situation with reference to their rural and urban location.

Ho 1— There will be no significant difference in the academic resilience of Adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation with reference to their rural and urban location.

Table 2
Academic Resilience of Adolescent Students with Reference to Location

Sl. No.	Location	N	Mean	Df	t (Stat)	t (tab)	Level of significance
1.	Rural	77	141.14	145	5.41	1.97	0.05
2.	Urban	73	153.2877				

Finding

From Table 2, it is found that out of 150 adolescent students, 77 are from rural area and 73 are from urban area. The mean for the adolescent students from rural area is 141.14 and for urban area are 153.2877. The degree of freedom is 145 and it is seen that the t (stat) value 5.41 is more than the t (tab) value 1.97 at 0.05 level of significance. Hence, the null Hypothesis 1 can't be accepted. This shows that there is a significant difference in the academic resilience of Adolescent students during the COVID-19 pandemic situation with reference to location.

Discussion

From the above findings, it can be said that location has an influence in the academic resilience level of the adolescent students. The mean score of the adolescents from the rural area is found to be less than that of urban area depicting the low academic resilience level among the adolescents from the rural areas. Due to the pandemic, the adolescents especially from the rural areas had to face a lot of problems. For example— many parents lost their jobs, family members due to severe rise in the cases. And all these certainly caused a negative effect on the adolescent students by creating an atmosphere of stress and fear leading to a negative effect on their academic score for their whole focus got turned upside down. Apart from these problems, there were problems of network issues, and equipment constraints in rural areas as many schools did not possess enough amenities to conduct online classes properly. Also, the lack of technical knowledge on the part of both teachers and students affected the academic scores of students significantly leading to be low academic resilience level among

the adolescent students from the rural area. Therefore, focus should be on building resilience among the adolescent students along with taking steps by the educational institutions to get access to basic requirements for an online class to face the pandemic and make the education system resilient enough which was also reported by Ganguly, Misra and Goli (2020).

Objective 3

To find out the academic resilience of Adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation with reference to socio-economic status.

Ho 2— There will be no significant difference in the academic resilience of adolescent students during the COVID-19 pandemic situation with reference to socio-economic status.

Table 3
Academic Resilience of Adolescent Students Based on their Socio-economic Status

Source of Variance	Df	Sum of Squares	Mean Sum of Squares	F value	Remark
Socio-economic status	2	17343.141	8671.570	84.150	0.001
Error	147	15148.119	103.048		
Total	149	32491.260			

Table 4
Nature Of Differences Among the Three Groups Through Tukey HSD Post-hoc Test

Socio-economic Status	N	Mean	Sig.
High	54	160.65	0.001
Middle	44	145.77	0.001
Low	52	135.19	0.001

Finding

From Table 3, the one-way ANOVA depicted a statistically significant effect with F-value 84.150 and p-value of 0.001 which is less than 0.05 level of significance. Hence-, the null hypothesis cannot be accepted.

This shows that there is a significant difference in the academic resilience of Adolescent students of Jorhat District, Assam during the COVID-19 pandemic situation on the basis of socio-economic status. As from the ANOVA test, the result was found to be

significant, so, to further evaluate the nature of differences among the three groups that is the high socio-economic status, low socio-economic status and middle socio-economic status, Tukey HSD post-hoc test was followed.

From Table 4, it was found that for all the groups, the p value is less than 0.05 level of significance. The mean for low socio-economic status group was 135.1923 while for middle socio-economic status group, it was found to be 145.7727 and for high socio-economic status group, the mean was 160.6481. All the means are different from each other. Therefore, it can be concluded that the low socio-economic status group is statistically significantly different from the Middle and high socio-economic status group. Middle socio-economic status group is statistically significantly different from the low and high socio-economic status group. And high socio-economic status group is statistically significantly different from the low and high socio-economic status group.

Discussion

From the above finding it can be said that the academic resilience level of the Adolescents from high socio-economic status group is more than that of the adolescents from the middle and low socio-economic status group. And this difference is evident because the adolescents from the low socio-economic status have to go through various difficulties in order to fulfil their basic needs. Same goes with the middle socio-economic status group to a certain extent in comparison to the high socio-economic status group. But these difficulties got doubled after the outbreak of the pandemic where every sector faced a huge loss during the lockdown as a result of which many families lost their job finding it difficult to earn their livelihood. The pandemic caused a direct impact on the adolescent's lives as they lost their family members and had to go through a lot of stress and trauma for being stuck at home, even not able to manage on their basic needs. All these factors adversely affected the academic life of the adolescent students especially from low and middle socio-economic status group as a result of which their academic resilience level may be found less than that of the high socio-economic status group. Even though the fear due to the pandemic is same for all people, but in case of high-socio-economic status group, they could afford things much easily than that of the other two groups. Therefore, focus should be on taking specific measures through intervention program for building resilience among adolescent students from socio-economically vulnerable groups (Ganguly, Misra and Goli, 2020).

Conclusion

It is evident from the findings that the academic resilience level of the adolescent students is not up to

the mark and one of the important reasons behind this is the pandemic. The pandemic have not only affected individuals physically but also mentally. At this time of difficulty, it is very important to develop academic resilience among the adolescents so as to make them capable enough to overcome the hurdles and challenges of the difficult times and to progress in their life. This study is limited to a particular area so more studies in relation to academic resilience from other areas with more sample is encouraged. This will help to find out the average level of academic resilience among adolescent students to start a drive on providing intervention program on academic resilience among the adolescent students.

Educational Implication of the Study

This study will encourage the teachers to focus on building academic resilience among the adolescent students keeping in mind the individual differences. It will also make the teachers understand the importance of finding out different strategies to provide proper guidance and support to the adolescent students at this time of crisis.

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