Examining Anxiety Amongst Young Adults During Covid Pandemic: A Case Study Approach

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Introduction

Since the beginning of 2020, Coronavirus Disease 2019 (COVID-19) has headed global news. The story started back in December 2019 in Wuhan, China, when an outbreak of cases infected with a novel, deadly virus was reported. Later, the causing microorganism was found to be a new type of coronavirus, and the disease was labelled COVID-19. Between January and March 2020, the disease spread to more than 110 countries and the number of cases outside China increased 13-fold. As a result, the World Health Organisation (WHO) declared COVID-19 a pandemic on 11 March 2020. As of 5 May, there were over 3.6 million confirmed cases and over 251,898 deaths worldwide, according to the Johns Hopkins Coronavirus Resource Centre. Countries initiated a series of measures to break the chain of infection and control the pandemic, including local and international travel bans, bans on large gatherings, suspension of public transport, closure of schools and universities and of business, social distancing, stay-at-home orders, and curfews. These restrictions and the uncertain trend of the disease can significantly affect mental wellbeing. The educational and economic sectors were almost paralysed, and healthcare systems were overwhelmed by the flood of new cases. The pandemic has become the central concern of people around the world, and they spend most of their time watching and reading the news around it. In general, people are afraid, angry, anxious, and stressed. The incubation period of COVID-19 is between 1–14 days, a mean period of 6 days, during which asymptomatic carriers of the virus can transmit the disease to healthy people, as proven by the evidence of human-to-human transmission via droplets or contact. Due to the unprecedented spread of the virus, the world has gone into a virtual lockdown as several countries have initiated strict screening of potential cases introduced in their territory. We investigate the medical, social, political, and economic impact of COVID-19 in India by conducting literature reviews, as well as sourcing information from

articles, media reports, and other publicly available documents to contextualize relevant information. The study is a literature overview and part of a case series on various countries' initial experiences on the COVID-19 pandemic.

This case description of the 18-year-old adolescent female highlights the impact of the COVID-19 crisis over this special group of population. It further explains how the excessive use of social media and telecommunication materials can affect the mental well-being of teenagers and can lead to excessive worry and subsequent severe anxiety symptoms. Various websites/health institutes/child and adolescent psychiatric societies/UNICEF and the WHO in their websites have focused on several techniques/tips to be taken care of while dealing with teenagers during this COVID-19 pandemic. Some of which are making them aware of the current situation about COVID-19, giving proper information about how to protect themselves, promoting hand hygiene and social distancing, preparing a daily routine of their activities, limiting exposure to social media and news channels, and validating their disappointment about missing their schools/colleges/sports/ birthday parties, etc., encouraging healthy habits, promoting remote/online schooling/classes. More specifically, the Centre for Disease Control and Prevention had advised the parents and caregivers should be available to listen to the concerns of their teenagers and children and reassure them, avoiding language that might blame others and lead to stigma, paying attention to what the children and teenagers see or hear on television/radio or online, and providing minimal but accurate and genuine information. Further, it has been seen that anxious parents are more likely to make their children and teenagers more anxious. Therefore, parents and caregivers should try to manage their own anxiety related to COVID-19 and encourage distraction to tackle their kid's anxiety. More specific awareness programs focusing on this subgroup of the population are essential to decrease the prevailing anxiety among teenagers and children.

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. Throughout the pandemic, anxiety, depression, sleep disruptions, and thoughts of suicide have increased for many young adults. They have also experienced a number of pandemic-related consequences – such as closures of universities, transitioning to remote work, and loss of income or employment – that may contribute to poor mental health. Prior to the coronavirus outbreak, young

adults were already at high risk of poor mental health and substance use disorder, yet many did not receive treatment. Throughout the pandemic, many people across the country have experienced job or income loss, which has generally affected their mental health. Adults experiencing household job loss during the pandemic have consistently reported higher rates of symptoms of anxiety and/or depressive disorder compared to adults. With these closures, children and their parents are experiencing ongoing disruption and changes to their daily routines. Research during the pandemic highlights concerns around poor mental health and well-being for children and their parents. For example, many parents with school-aged children are now more concerned about their children's emotional well-being than prior to the pandemic. Both parents and their children have experienced worsening mental health since the start of the pandemic, and women with children are more likely than their male counterparts to report worsening mental health. Throughout the pandemic, women have been more likely to report poor mental health compared to men.

Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder. Anxiety disorders form a category of mental health diagnoses that lead to excessive nervousness, fear, apprehension, and worry. These disorders alter how a person processes emotion and behaves, also causing physical symptoms. The American Psychological Association (APA) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. The APA describes a person with anxiety disorder as "having recurring intrusive thoughts or concerns." Once anxiety reaches the stage of a disorder, it can interfere with daily function.

The Diagnostic and Statistical Manual of Mental Health Disorders: Fifth Edition (DSM-V) classifies anxiety disorders into several main types. In previous editions of DSM, anxiety disorders included obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD), as well as acute stress disorder. However, the manual now no longer groups these mental health difficulties under anxiety. Anxiety disorders now include the following diagnoses.

- Generalized anxiety disorder: This is a chronic disorder involving excessive, long-lasting anxiety and worries about nonspecific life events, objects, and situations. GAD is the most common anxiety disorder, and people with the disorder are not always able to identify the cause of their anxiety.

- Panic disorder: Brief or sudden attacks of intense terror and apprehension characterize panic disorder. These attacks can lead to shaking, confusion, dizziness, nausea, and breathing difficulties. Panic attacks tend to occur and escalate rapidly, peaking after 10 minutes. However, a panic attack might last for hours. Panic disorders usually occur after frightening experiences or prolonged stress but may also occur without a trigger. An individual experiencing a panic attack may misinterpret it as a life-threatening illness, and may make drastic changes in behaviour to avoid future attacks.

- Specific phobia: This is an irrational fear and avoidance of a particular object or situation. Phobias are not like other anxiety disorders, as they relate to a specific cause. A person with a phobia might acknowledge a fear as illogical or extreme but remain unable to control feelings anxiety around the trigger. Triggers for a phobia range from situations and animals to everyday objects.

- Agoraphobia: This is a fear and avoidance of places, events, or situations from which it may be difficult to escape or in which help would not be available if a person becomes trapped. People often misunderstand this condition as a phobia of open spaces and the outdoors, but it is not so simple. A person with agoraphobia may have a fear of leaving home or using elevators and public transport.

- Selective mutism: This is a form of anxiety that some children experience, in which they are not able to speak in certain places or contexts, such as school, even though they may have excellent verbal communication skills around familiar people. It may be an extreme form of social phobia.

- Social anxiety disorder, or social phobia: This is a fear of negative judgment from others in social situations or of public embarrassment. Social anxiety disorder includes a range of feelings, such as stage fright, a fear of intimacy, and anxiety around humiliation and rejection. This disorder can cause people to avoid public situations and human contact to the point that everyday living is rendered extremely difficult.

- Separation anxiety disorder: High levels of anxiety after separation from a person or place that provides feelings of security or safety characterize separation anxiety disorder. Separation might sometimes result in panic symptoms.

The prevalence of anxiety disorders across the world varies from 2.5 to 7 percent by country. Globally an estimated 284 million people experienced an anxiety disorder in 2017, making it the most prevalent mental health or neurodevelopmental disorder. Around 63 percent (179 million) were female, relative to 105 million males. In all country's women are more likely to experience anxiety disorders than men. Unfortunately, no one seems to have an exact answer as to why anxiety is so common, but many attributes this presumed increase in anxiety disorders to factors such as social media, poor sleep habits, lowered stigma, and underreporting in the past. The emergence of COVID-19, with its rapid spread, has exacerbated anxiety in populations globally, leading to mental health disorders in individuals.

To deal with all this which was happening the people took some coping strategies. Coping is defined as the thoughts and behaviors mobilized to manage the internal and external stressful situations(Folkman S,2004). It is a term used distinctively for conscious and voluntary mobilization of acts, different from defence mechanisms that are subconscious or unconscious adaptive reasons, both of which aim to reduce or tolerate stress(Venner,M,1993). There are different ways one can cope and there are different strategies that one can choose. Even with the large menu of coping tactics to choose from the, most people come to rely on some other than the others (Carver & Scheier, 1994; Heszen-Niejodek, 1997). An individual's coping strategies are also influenced by situational demands, and Cheng (2001) has argued that flexibility in coping is more desirable than consistently relying on the same strategy(Weiten,W & Lloyd,M ,2005). Coping is generalised categorized into 3 different categories- Problem focused which addresses the problem causing the distress such as seeking help, managing time effectively etc (Weiten,W & Lloyd,M ,2005). Emotion focused coping strategies they try to regulate the emotions which are caused due to stressful events.eg releasing pent-up emotions, repression, denial, acceptance etc(Weiten,W & Lloyd,M ,2005). Last but not the least the Appraisal focused coping strategy which aims at reducing the catastrophic thinking by digging out the irrational assumption that causes it (Weiten,W & Lloyd,M ,2005). Proactive, Distancing, Negative Expression, Support-seeking, Respite Seeking, and Acceptance coping. Acceptance and Support-seeking coping styles were used most frequently. Coping by Negative Expression was positively associated with severity of grief after controlling for depression, anxiety, and confounding variables. Support-seeking coping was positively associated with anxiety after controlling for depression and grief are the most common coping strategies which young adults use nowadays(Trevino,K.M, etcal ,2012).

In India when the survey was conducted on the young adults the most common coping styles which emerged were emotion-focused coping strategies (e.g., distraction, escape-avoidance, emotional support seeking). Problem-focused coping (e.g., instrumental support seeking) was less common. Examples of harmful coping (e.g., substance use) were also reported.(Parikh, R., Sapru, M., Krishna, M. et al,2019). During this time which is the covid era studies showed that problem focused coping would have been the most useful in these certain situations. Some people believed that emotion focused coping would have been better. Especially during this time people would have been more tilted towards the emotional focused because that's where a person can talk to the other person and share their part of the journey. They can live in denial that they haven't got the flu or just suppress the negative thoughts and many more. So with the studies showed the emotional focused technique was seen most prevalent in the covid times. During this time which is the covid era studies showed that problem focused coping would have been the most useful in these certain situations. Some people believed that emotion focused coping would have been better. Especially during this time people would have been more tilted towards the emotional focused because that's where a person can talk to the other person and share their part of the journey. They can live in denial that they haven't got the flu or just suppress the negative thoughts and many more. So, with the studies showed the emotional focused technique was seen most prevalent in the covid times. The research has not been done properly in India till now the way other countries have done it. With lack of mental health professionals, practitioners, counsellors and health facilities where one can approach for health (Kumar,A,2020) India where only 0.29 Psychiatrists, 0.07 Psychologists, and 0.36 other paid mental health workers are available per 100,000 people (World Health Organization,2018).

Method

Case Study-

Case study method enables a researcher to closely examine the data within a specific context. In most cases, a case study method selects a small geographical area or a very limited number of individuals as the subjects of study. Case studies, in their true essence, explore and case study as a research method to investigate contemporary real-life phenomenon through detailed contextual analysis of a limited number of events or conditions, and their relationships. Yin (1984:23) defines the case study research method "as an empirical inquiry that investigates a contemporary phenomenon within its real-life context; when the boundaries between phenomenon and context are not clearly evident; and in which multiple sources of evidence are used." A case study is a research approach

that is used to generate an in-depth, multifaceted understanding of a complex issue in its real-life context. It uses a variety of data sources → ensures that the issue is not explored through one lens, but rather a variety of lenses → allows for multiple facets of the phenomenon to be revealed and understood.

Key features of Case Study –

An idiographic perspective-

Researchers are concerned with the particular rather than the general. This can be contrasted with a nomothetic approach, which aims to identify general laws of human behavior by averaging out individual variation.

Attention to contextual data-

Case study research takes a holistic approach, in that it considers the case within its context. The researcher pays attention to the ways in which the various dimensions of the case relate to or interact with its environment.

Triangulation-

Case studies integrate information from diverse sources to gain an in-depth understanding of the phenomenon under investigation. This may involve the use of a range of data collection and analysis techniques within the framework of one case study.

A temporal element.

Case studies involve the investigation of occurrences over a period of time. According to Yin (1994: 16), Case studies are concerned with processes that take place over time. This means that a focus on change and development is an important feature of case studies.

A concern with theory-

Case studies facilitate theory generation. The detailed exploration of a particular case can generate insights into social or psychological processes, which in turn can give rise to theoretical formulations and hypotheses.

Type of Case Study-

There are different types of case study and they differ from each other in the terms of perspective, hypothesis, the number of cases included, and how they are conducted. Individual cases may be studied for different reasons. It may be predominantly descriptive or it may aim to generate explanations for occurrences. There are different types of case study and many researchers have categorised them according to what they are used. According to Yin(1985) there are three different types of categories based on the purpose of the research which are explanatory, exploratory and descriptive. And according to Stakes(1995) there are three types of case study which are based

on the contents of its studies and uniqueness which will be intrinsic, instrumental, or collective. Other than this the case study can be differentiated on the bases of how many cases which are single case or multiple case study and lastly on the basis of method of conduction which will be naturalistic and pragmatic.

According to Yin(1985) there are three different types of categories based on the purpose of the research which are explanatory, exploratory and descriptive.

1. Explanatory Case study- Explanatory case studies aim to generate explanations for the occurrences with which they are concerned. Here, descriptions of what is going on are accompanied by attempts to deploy explanatory concepts within the account. According to Yin(2003) This type of case study would be used if you were seeking to answer a question that sought to explain the presumed causal links in real-life interventions that are too complex for the survey or experimental strategies. In evaluation language, the explanations would link program implementation with program effects. explanatory case studies examine the data closely both at a surface and deep level in order to explain the phenomena in the data. Example will be Joia (2002). Analysing a web-based e-commerce learning community: A case study in Brazil. Internet Research, 12, 305-317.

2. Exploratory Case Study- According to Yin(2003) This type of case study is used to explore those situations in which the intervention being evaluated has no clear, single set of outcomes. It is set to explore any phenomenon in the data which serves as a point of interest to the researcher. In this case study also, prior fieldwork and small scale data collection may be conducted before the research questions and hypotheses are proposed. As a prelude, this initial work helps prepare a framework of the study. A pilot study is considered an example of an exploratory case study.

3. Descriptive case study- Descriptive case studies set to describe the natural phenomena which occur within the data in question, for instance, what different strategies are used by a reader and how the reader use them. The goal set by the researcher is to describe the data as they occur. They are concerned with providing a detailed description of the phenomena within its context. Example Jean Piaget's detailed case study of his children.

Yin (2003) and Stake (1995) use different terms to describe a variety of case studies. Yin categorizes case studies as explanatory, exploratory, or descriptive. He also differentiates between single, holistic case studies and multiple-case studies. Stake identifies case studies as intrinsic, instrumental, or collective.

According to Stakes(1995) there are three types of case study which are based on the contents of its studies and uniqueness which will be intrinsic, instrumental, or collective.

1. Intrinsic Case Study- Stake (1995) uses the term intrinsic and suggests that researchers who have a genuine interest in the case should use this approach when the intent is to better understand the case. It is not undertaken primarily because the case represents other cases or because it illustrates a particular trait or problem, but because in all its particularity and ordinariness, the case itself is of interest. The researcher examines the case for its own sake. Cases for intrinsic case studies can be said to be pre-specified in the sense that their intrinsic interest pre-exists the research. For example, patients with rare diseases or clients with unusual problems would constitute suitable cases for intrinsic case studies.

2. Instrumental case study- In this the researcher selects a small group of and examines their behaviour in detail. According to Stakes It provides insight into an issue or helps to refine a theory. The case is of secondary interest; it plays a supportive role, facilitating our understanding of something else. The case is often looked at in depth, its contexts scrutinized, its ordinary activities detailed, and because it helps the researcher pursue the external interest. The case may or may not be seen as typical of other cases.

On the basis of how many cases are involved we have two types of case study-

1. Single case study- Single-case studies are, either of intrinsic interest to the researcher or they provide an opportunity to test the applicability of existing theories to real world data. Yin (1994) identifies three reasons for choosing a single-case design. First, the case may constitute a critical test for a well-formulated theory. Second, it may represent a unique or extreme case that is of intrinsic interest to the researcher. Third, the case in question may be revelatory in the sense that it was previously inaccessible. In cases where there are no other cases available for replication, the researcher can adopt the single-case study. Where the events are limited to a single occurrence.

2. Multiple case study- This provides the researcher with an opportunity to generate new theories. to formulate tentative hypotheses, which can then be explored in the light of subsequent cases. With each new case, the emerging theory is modified in order to be able to account for all instances associated with the phenomenon under investigation. Multiple-case studies are, therefore, instrumental in nature. They are used for more real life experiences.

In the methods of conduction we have two types of case study-

1. Naturalistic case study – Naturalistic case study research (e.g. Stake 1995) is carried out in naturalistic, real world contexts and it focuses on a single case as the unit of analysis. The researcher approaches the case with an open mind and without previously defined hypotheses, allowing patterns, propositions and formulations to emerge from the data.

2. Pragmatic case study – It starts with a well-defined research question that guides data collection and analysis. It works with a set of plans that identify key areas of interest and which function as (tentative and flexible) hypotheses. These are tested and revised during the research. Both the selection of related data sources and analytic techniques are driven by the research questions and the propositions. The aim of pragmatic case study research is to produce a set of revised propositions.

Advantages of case study-

There are a number of advantages in using case studies.

First, the examination of the data is most often conducted within the context of its use (Yin, 1984), that is, within the situation in which the activity takes place. A case study might be interested, for example, in the process by which a subject comprehends an authentic text. To explore the strategies the reader uses, the researcher must observe the subject within her environment, such as reading in the classroom or reading for leisure. This would contrast with experiment, for instance, which deliberately isolates a phenomenon from its context, focusing on a limited number of variables (Zaidah, 2003).

Second, variations in terms of intrinsic, instrumental and collective approaches to case studies allow for both quantitative and qualitative analyses of the data. Some longitudinal studies of individual subjects, for instance, rely on qualitative data from journal writings which give descriptive accounts of behaviour. On the other hand, there are also a number of case studies which seek evidence from both numerical and categorical responses of individual subjects (such as Block, 1986; Hosenfeld, 1984). While Yin (1984:25) cautions researchers not to confuse case studies with qualitative research, he also notes that "case studies can be based entirely on quantitative evidence".

Third, the detailed qualitative accounts often produced in case studies not only help to explore or describe the data in real-life environments, but also help to explain the complexities of real life situations which may not be captured through experimental or survey research. A case study of reading strategies used by an individual subject,

for instance, can give access to not only the numerical information concerning the strategies used, but also the reasons for strategy use, and how the strategies are used in relation to other strategies. As reading behaviours Jurnal Kemanusiaan bil.9, Jun 2007 5 involve complex cognitive processes, each reading strategy cannot be examined in isolation but rather in relation to other strategies (Zaidah, 2003).

Disadvantages of case studies-

Despite these advantages, case studies have received criticisms. Yin (1984) discusses three types of arguments against case study research.

First, case studies are often accused of lack of rigour. Yin (1984:21) notes that "too many times, the case study investigator has been sloppy, and has allowed equivocal evidence or biased views to influence the direction of the findings and conclusions".

Second, case studies provide very little basis for scientific generalisation since they use a small number of subjects, some conducted with only one subject. The question commonly raised is "How can you generalise from a single case?" (Yin, 1984:21).

Third, case studies are often labelled as being too long, difficult to conduct and producing a massive amount of documentation (Yin, 1984). In particular, case studies of ethnographic or longitudinal nature can elicit a great deal of data over a period of time. The danger comes when the data are not managed and organised systematically. A common criticism of the case study method is its dependency on a single case exploration making it difficult to reach a generalising conclusion (Tellis, 1997). Yin (1993) considered case methodology 'microscopic' because of the limited sampling cases. To Hamel et al. (1993) and Yin (1994), however, parameter establishment and objective setting of the research are far more important in case study method than a big sample size.

Interview-

The interview is probably the most widely employed method in qualitative research. It is the flexibility of the interview that makes it so attractive. Since ethnography entails an extended period of participant observation, which is very disruptive for researchers because of the sustained absence(s) required from work and/or family life, research based more or less exclusively on interviews is a highly attractive alternative for the collection of qualitative data. Interviewing, the transcription of interviews, and the analysis of transcripts are all very time-consuming, but they can be more readily accommodated into researchers' personal lives.

Types of Interview-

Structured Interviews-

Structured interviews are defined as research tools that are extremely rigid in their operations and allow very little or no scope of prompting the participants to obtain and analyze results. It is thus also known as a standardized interview and is significantly <u>quantitative</u> in its approach. Questions in this interview are pre-decided according to the required detail of information. Structured interviews are excessively used in <u>survey research</u> with the intention of maintaining uniformity throughout all the interview sessions. They can be closed-ended as well as open-ended – according to the type of target population. Closed-ended questions can be included to understand user preferences from a collection of answer options whereas open-ended can be included to gain details about a particular section in the interview.

Semi-Structured Interviews-

Semi-structured interviews offer a considerable amount of leeway to the researcher to probe the respondents along with maintaining basic interview structure. Even if it is a guided conversation between researchers and interviewees – an appreciable flexibility is offered to the researchers. A researcher can be assured that multiple interview rounds will not be required in the presence of structure in this type of research interview. Keeping the structure in mind, the researcher can follow any idea or take creative advantage of the entire interview. Additional respondent probing is always necessary to garner information for a research study. The best application of semi-structured interview is when the researcher doesn't have time to conduct research and requires detailed information about the topic.

Unstructured Interviews-

Also called in-depth interviews, unstructured interviews are usually described as conversations held with a purpose in mind – to gather data about the research study. These interviews have the least number of questions as they lean more towards a normal conversation but with an underlying subject. The main objective of most researchers using unstructured interviews is to build a bond with the respondents due to which there are high chances that the respondents will be 100% truthful with their answers. There are no guidelines for the researchers to follow and so, they can approach the participants in any ethical manner to gain as much information as they

possibly can for their research topic. Since there are no guidelines for these interviews, a researcher is expected to keep their approach in check so that the respondents do not sway away from the main research motive.

On the basis of manner of interaction, there are the following types of interviews:

Personal Interviews-

Personal interviews are one of the most used types of interviews, where the questions are asked personally directly to the respondent. For this, a researcher can have a guide online surveys to take note of the answers. A researcher can design his/her survey in such a way that they take notes of the comments or points of view that stand out from the interviewee.

Telephonic Interviews- Telephonic interviews are widely used and easy to combine with online surveys to carry out research effectively.

Email or Web Page Interviews-

Online research is growing more and more because consumers are migrating to a more virtual world and it is best for each researcher to adapt to this change. The increase in people with Internet access has made it popular that interviews via email or web page stand out among the types of interviews most used today. For this nothing better than an online survey. More and more consumers are turning to online shopping, which is why they are a great niche to be able to carry out an interview that will generate information for the correct decision making.

Telephonic Interviews: Telephonic interviews are widely used and easy to combine with online surveys to carry out research effectively.

On the basis of number of participants, interviews can be further categorized into:

Individual Interviews- Individual interviews refer to interviews which take place on a one-on one basis directly with the respondent. It is a two-way conversation initiated by an interviewer to obtain information from a respondent.

Group Interviews- Group interviews refer to interviews where an interviewer and multiple interviewees are present.

Types of question in an interview-

The kinds of questions asked in qualitative interviews are highly variable. Kvale (1996) has suggested nine different kinds of questions. Most interviews will contain virtually all of them, although interviews that rely on lists of topics are likely to follow a somewhat looser format. Kvale's nine types of questions are as follows.

• Introducing questions: 'Please tell me about when your interest in X first began?'; 'Have you ever . . .?'; 'Why did you go to . . .?' .

 • Follow-up questions: getting the interviewee to elaborate his/her answer, such as 'Could you say some more about that?'; 'What do you mean by that . . .?'; even 'Yeeees?'

• Probing questions: following up what has been said through direct questioning.

• Specifying questions: 'What did you do then?'; 'How did X react to what you said?'

• Direct questions: 'Do you find it easy to keep smiling when serving customers?'; 'Are you happy with the way you and your husband decide how money should be spent?' Such questions are perhaps best left until towards the end of the interview, in order not to influence the direction of the interview too much.

• Indirect questions: 'What do most people round here think of the ways that management treats its staff?', perhaps followed up by 'Is that the way you feel too?', in order to get at the individual's own view.

• Structuring questions: 'I would now like to move on to a different topic'.

• Silence: allow pauses to signal that you want to give the interviewee the opportunity to reflect and amplify an answer.

• Interpreting questions: 'Do you mean that your leadership role has had to change from one of encouraging others to a more directive one?'; 'Is it fair to say that what you are suggesting is that you don't mind being friendly towards customers most of the time, but when they are unpleasant or demanding you find it more difficult?'

Skills of an Interviewer-

Interviewers should understand the Candidate's Perspective, Mastered Communication Skills, Prepared, Exercise Clarity in Judgment, Strategic in their Approach. The keys to effectively interviewing include preparation, energy, enthusiasm, and strategy. Taking the time to do company research, understanding where you fit within the organization, and having a clear idea of what you can contribute is time well-spent.

1. Knowledgeable: is thoroughly familiar with the focus of the interview; pilot interviews of the kind used in survey interviewing can be useful here.

2. Structuring: gives purpose for interview; rounds it off; asks whether interviewee has questions.

3. Clear: asks simple, easy, short questions; no jargon.

4. Gentle: lets people finish; gives them time to think; tolerates pauses.

5. Sensitive: listens attentively to what is said and how it is said; is empathetic in dealing with the interviewee.

6. Open: responds to what is important to interviewee and is flexible.

7. Steering: knows what he/she wants to find out.

8. Critical: is prepared to challenge what is said, for example, dealing with inconsistencies in interviewees' replies.

9. Remembering: relates what is said to what has previously been said.

10. Interpreting: clarifies and extends meanings of interviewees' statements, but without imposing meaning on them.

11. Balanced: does not talk too much, which may make the interviewee passive, and does not talk too little, which may result in the interviewee feeling he or she is not talking along the right lines.

12. Ethically sensitive: is sensitive to the ethical dimension of interviewing, ensuring the interviewee appreciates what the research is about, its purposes, and that his or her answers will be treated confidentially.

Advantage of interview-

There is some objectives or advantage of interview which are stated below:

1. Easy correction of speech: Any misunderstanding and mistake can be rectified easily in an interview. Because the interviewer and interviewee are physically present before the interview board.

2. Development of relationship: Relation between the interviewer and the interviewee can be developed through an interview. It increases mutual understanding and cooperation between the parties.

3. Selection of suitable candidate: Suitable candidates can be selected through interview because the interview can know a lot about the candidate by this process.

4. Collection of primary information: Interviews can help to collect fresh, new and primary information as needed.

5. Sufficient information: Sufficient information can be collected through the interview process. Because the interviewer can ask any question to the interviewee.

6. Time-saving: Interview can help to save time to select the best suitable candidate. Within a very short time communication can be accomplished with the interview.

7. Less costly: It is less costly than other processes of communication. It is very simple, prompt and low-cost method of communication.

8. Increasing knowledge: Any interview increases the knowledge of both the interviewer and the interviewee. They can interchange their views and ideas.

9. Explore the cause behind the problem: In business, executives need to solve different types of problems. To explore or to find out the actual reasons behind the problem interview method can be used.

10. In depth analysis: Through planned interviews detailed information can be collected which enables proper analysis of a problem. Abstract factors like attitudes, feelings, opinion etc. Can be successfully evaluated or analyzed through interviews.

11. Solving labor problems: Labor unrest and other disputes are very common in the industries. Sometimes human resource managers use the interview as a means of revealing actual causes behind the labor disputes.

12. Flexible: One of the major advantages of an interview is feasible. That depends on the situation it can be framed differently.

Disadvantages of interview-

There are some limitations of the interview process. It is not free from defects. The disadvantages of the interview are discussed below:

1. Incomplete process: Suitable candidates can not be selected by interview only. The written test is more important than the interview.

2. No record: In the case of the interview some confusion may arise in the future as there is no evidence actually that has been discussed at the interview.

3. Lack of attention: Much attention is required for a good interview. But sometimes it is observed that both the interviewer and the interviewee are less attentive. That is why real information cannot be collected.

4. Disappointed: Interviewee may be disappointed while she or he faces the interviewer's questions which are not related to the field. That is why a suitable candidate may be neglected.

5. Time-consuming: Time constraint is one of the major limitations of the interview process. Preparation for the interview, taking interviews and interpretation of the responses required much time, which makes the interview method time-consuming.

6. Biases of interviewer: Always there is a possibility that the interview process can be influenced by the biases of the interviewer.

7. Costly: Generally, the interview method is expensive.

8. Inefficiency of the interviewer: Interview is a systematic process of data collection. The success of an interview depends on the efficiency of the interviewer. This inefficiency of an interviewer can lead to misleading results.

9. Not suitable for personal matters: Personal matters may not be revealed by interview method.

Present Study-

This study has presented a critical view of the impact of COVID-19 pandemic on the mental health of young adults. I have explored; that is, the impact of COVID-19 on young adults and the relationship between COVID-19 and mental health concerns of young adults. Depression, anxiety and stress among Indian population during the lockdown were prevalent. There had been a lot of studies and research but my study on the impact of COVID-19 pandemic on the mental health of young adults is different, I took the sample of college students ranging between the age of 18- 25 years, lives in a metropolitan city and has gone through the covid-19 lockdown and how come did they cope up with it and what all were the situations they faced during this lockdown. Earlier, no study as such was conducted specifically on this topic in India, with this sample students.

Research Objective-

To understand the experience of anxiety among young adults during the COVID-19 pandemic.

Method of Current study-

Demographics- The participant's name is Devang Kapil, 20 years old, Male, put up in Saharanpur (U.P.). He lives in a nuclear family, which includes his mother, father, elder sister. He is a college student, studying at JMIT, Radaur. He is doing bachelors in business administration. During the lockdown he started his own brand of

customised and designed flags known as Flagster. This is a start-up with some of his friends, and according to him the business is doing pretty well.

Sampling and Procedure:

Sampling is the process of selecting a representative group from the population under study. The target population is the total group of individuals from which the sample might be drawn. A sample is the group of people who take part in the investigation. The people who take part are referred to as "participants". Purposive sampling, also known as judgmental, selective, or subjective sampling, is a form of non-probability sampling in which researchers rely on their own judgment when choosing members of the population to participate in their study.

COVID-19 as a global pandemic has been found to have far reaching consequences for the physical and mental health of individuals. The purpose of the current study is to understand the impact of COVID-19 pandemic on the mental health of young adults. The age group and category was decided as college students between the age group of 18-25 years. The participant was approached and the rapport was formed. The consent was taken and all the instructions were given properly. The Research was to be conducted in two steps. Firstly, The Test Administration, State-Trait Anxiety Inventory for Adults was used to conduct the test. The State-Trait Anxiety Inventory (STAI) has been used extensively in research and clinical practice. It comprises separate self-report scales for measuring state and trait anxiety. The S-Anxiety scale (STAI Form Y-1) consists of twenty statements that evaluate how respondents feel "right now, at this moment." The T-Anxiety scale (STAI Form Y-2) consists of twenty statements that assess how people generally feel. The STAI-Y S-Anxiety and T-Anxiety scales are printed on opposite sides of a single-page test form. The instructions were given, first for Y1, following which the participant read and filled the form. The same procedure was followed for form Y2. At the end, an introspective report was taken from the participant. The participant was thanked and allowed to leave. The feedback was shared with them later.

The STAI was designed to be self-administering and may be given either individually or to groups. The inventory has no time limits. College students generally require about six minutes to complete either the S-Anxiety or the T-Anxiety scale, and approximately ten minutes to complete both. Less educated or emotionally disturbed persons may require ten minutes to complete one of the scales and approximately twenty minutes to complete both. Repeated administrations of the S-Anxiety scale typically require five minutes or less. The STAI may also be given with multiple-choice answer sheets that permit machine scoring. When these are used, the standard

instructions must be modified accordingly and special emphasis must be given to the difference in instruction for the two parts of the inventory.

The second step was Interview, where Rapport was formed with the participant. All the guidance and necessary instructions were given. After the review of literature, experiential discussion and brainstorming was done to identify the dimensions of enquiry. Then, these dimensions were reviewed properly. Moving on to pilot interview, the dimensions were reviewed again based on pilot interview. The Interview Guide was prepared, inclusive of the main questions covering all the dimensions, probing questions, some follow-up questions, introductory questions and some terminating questions. Now, when the interview guide was well-prepared the interview was conducted then. The first thing was Rapport building which is very important in an interview. The purpose of the interview was as COVID-19 as a global pandemic has been found to have far reaching consequences for the physical and mental health of individuals. The purpose of the current study is to understand the impact of COVID-19 pandemic on the mental health of young adults. The purpose of the interview was told to the participant.

Data collection: -

The interview was conducted online through a Google Meets call. The participant was made aware of their rights of confidentiality and autonomy. They were told that the data collected is only for academic purposes and shall not be used anywhere otherwise. They can choose not to answer some questions if they do not feel like it. They were explained that they can leave the interview at any time and are not bound to sit through the entirety of it. The purpose of the study was to understand the impact of COVID-19 pandemic on the mental health of young college going adults which was explained to the participant. Subsequently, rapport was formed by talking about their day and their hobbies. The interviews are usually time-taking, and the interview here was conducted in around 40-50 minutes. All the ethical guidelines were followed and the details about confidentiality were told, informed consent was taken before hand. The participant was aware of the recording of the interview session. The main notes were noted down while interviewing and the recording helped in the transcription a lot as all the facial expressions and gestures were recorded which gave a helpful insight in observation. The audio and video of the interview was recorded by the consent of the participant. This recording was used to transcribe the interview further. After all this the five key themes which all of us came up with after having the exponential discussion, the literature review and the pilot interview were-1. Living with fear, 2 Changing facets of relationships (peers, family members, extended social circles), 3. Adjusting to the new normal, 4. Relooking at self and 5. Coping. .

Data Analysis:-

What is content analysis?

Content Analysis is a widely used qualitative research technique. It is a flexible method for analyzing the text data. (Cavanagh, 1997). Content analysis describes a family of analytic approaches ranging from impressionistic, intuitive, interpretive analyses to systematic, strict textual analysis (Rosengren, 1981). The specific type of content analysis approach chosen by a researcher varies with the theoretical and substantive interests of the researcher and the problem being studied (Weber, 1990). But due to the lack of firm definition and procedures it is not widely used. Qualitative content analysis, defined as- "A research method for the subjective interpretation of the content of text data through the systematic classification process of coding and identifying themes or patterns." Research using qualitative content analysis focuses on the characteristics of language as communication with attention to the content or contextual meaning of the text (Budd, Thorp, & Donohew, 1967; Lindkvist, 1981; McTavish & Pirro, 1990; Tesch, 1990). Rather than being a single method, current applications of content analysis show three different types- conventional, directed, or summative. All three approaches are used to interpret meaning from the content of text data.

Different types of Content analysis are-

1. Contextual Content Analysis- In conventional content analysis, coding categories are derived directly from the text data. Conventional content analysis is generally used with a study design whose aim is to describe a phenomenon. This type of design is usually appropriate when existing theory or research literature on a phenomenon is limited.

2. Directed Content Analysis- With a directed approach, analysis starts with a theory or relevant research findings as guidance for initial codes. Goal of a directed approach to content analysis is to validate or extend conceptually a theoretical framework or theory. It is more structured.

3. Summative Content Analysis- A summative content analysis involves counting and comparisons, usually of keywords or content, followed by the interpretation of the underlying context.

Procedure of Direct Content Analysis

Phase One: Early Steps of Analysis or the Preparation Phase

Step1: Developing the study's frame and operational definitions.

With a directed content analysis, the existing theory to develop the initial coding scheme prior to beginning to analyze the data (Kyngas & Vanhanen, 1999). As analysis proceeds, additional codes are developed, and the

initial coding scheme is revised and refined. The theme was decided on the basis of interview and operational definitions were given. The theme was decided very carefully covering all the major details, and also the data collected via interview could be adjusted according to the themes. The themes and sub-themes were predetermined and later on the transcribed data was organised against these themes and sub-themes. Also, keywords related to the transcribed data were mentioned against it.

Step 2: Determining the unit of analysis and sampling materials to be analysed.

After one has decided what are the themes and the sub themes and the basic concept of the study then the researcher needs to decide what or whom to analyse in order to reach the study's goal. Such a decision involves determining the unit of analysis and the appropriate portion of the population of all sources of data, that is, the sample of those units to be analysed. It is a chunk or text passage of the whole text under consideration, which may be a phrase, a sentence, or a paragraph of that text that conveys aspects of a given theme of the study. The selection of the materials is to be led neither by ideas of the quantitative representativeness of the sample nor the generalizability of the study findings, but the qualitative richness and depth of the information relevant to the study goal (Boyatzis, 1998; Kuzel, 1999; Miles & Huberman, 1994)

Step 3: Getting a sense of the data.

During this step the researcher immerses themselves in the collected data. They start searching and locating in each sampled material themes and subthemes they categorized in the first step: the theme identification from the data. While reading a selected text, the researcher progressively highlights all chunks whose latent or manifest contents are identical, close or similar to theory-based themes and/or sub themes listed in the coding scheme of the study.

Phase Two: In-Depth Steps of Analysis or the Data Analysis Phase

Step 4: Data coding and organizing.

Assigns codes and/or subcodes predefined in the operational coding agenda to each previously highlighted chunk, that is, meaning unit within each text read. Codes/subcodes are put in parentheses or brackets besides each chunk.

Step5: Making connections, interpreting them, and drawing conclusions.

The researcher generates meaning, make inferences from dispersed data at her disposal, and goes deeper in what data are suggesting, including by building logical chain of evidences, contrasting/comparing text passages with theory-based themes/subthemes and between them at both manifest and latent content levels, and offering explanations consistent with settings from which data were derived (Babbie, 2010; Bogdan & Biklen, 1998; Hsieh

& Shannon, 2005; Miles & Huberman, 1994; O'Leary, 2004; Patton, 2002; Priest, Roberts, & Woods, 2002). The work in this step may involve determining possible new themes/subthemes from highlighted passages that do not fit into any predefined category/subcategory (Elo & Kyngäs, 2008) and thus enriching/refining template theories (Hsieh & Shannon 2005).

Step 6: Verifying interpretations plausibility and ensuring trustworthiness.

This step includes verifying findings, which include checking the meaning of outliers, using extreme cases, negative evidence, rival explanations etc. To challenge interpretations or conclusions, and then provide reasons why they hold such explanations Phase Three: Reporting the Analysis Process and Results For the Final Phase

Step 7: Making an appropriate outline for a detailed presentation.

This step includes the initial research plan and a list of steps of the whole research as it unfolded from its beginning to its end.

Step 8: Thick description of the research history and findings.

This is the descriptive account of the whole research. It may contain, beside a text in prose, displays/matrices and maps providing important details and quotes, and embedded quotes, where evidence is needed in support of a theme (Creswell, 2007; Elo & Kyngäs, 2008; Merriam, 2001; Miles & Huberman, 1994; Patton, 2002).

Merits of Direct Content Analysis:

1. The directed approach to content analysis is that existing theory can be supported and extended.

2. As research in an area grows, a directed approach makes explicit the reality that researchers are unlikely to be working from the naive perspective that is often viewed as the hallmark of naturalistic designs.

Demerits of Directed Content Analysis:

1. The researchers approach the data with an informed but, nonetheless, strong bias. Hence, researchers might be more likely to find evidence that is supportive rather than non-supportive of a theory.

2. Answering the probe questions, some participants might get cues to answer in a certain way or agree with the questions to please researchers.

3. An overemphasis on the theory can blind researchers to contextual aspects of the phenomenon. We had predetermined themes and based on those five themes and their subcategories we identified the verbatim. Then we followed the procedure as shared above and then we tried to match the right kind of verbatim against the specific sub themes.

Result

	Raw Score	Standard Score	Percentile Category	Category
S- Anxiety	47	84	61	Extremely High
T-Anxiety	45	57	79	Very High

Table 1.1 summary of STAI test

SNO	MAIN THEME	SUB-THEMES	OPERATIONAL DEFINITIONS	VERBATIM
1	**Living with fear**	Fear of infection to self & family.	Worry about the risk of infection, Fear of risk of infection to elders, Difficulty getting treatment, Losing loved ones, Long term consequences on health, Challenge of quarantine, Differences in precautionary behaviours.	Very much, very much. That I was very anxious, yeah. But now I'm very casual because the situation is much better. Whenever I used to go out, very rarely but I used to take all the precautions like wearing gloves and all but if I felt that there has been a slightest mistake, I used to panic a lot. Like what if I get COVID? I used to take a bath when I come from outside right. Like I was very anxious about it.

		Uncertainty of the future.	Apprehension about future growth, Concerns for future employment, Unclear future plans, Limited opportunities for enhancement, Lack of clarity, Uncertainty about the end of the pandemic, Set back in aspirations, Challenge of fulfilling goals and targets, Uncertain separation from family members.	So, it was a negative phase, like why should I work hard now, what if another virus comes now? We will die. It was negative, but it wasn't in our control. It was a negative phase but we passed it.
		State of unease in present.	Mood fluctuations, Increased indecisiveness, Fear of missing out, Fear of insufficient productivity, Overthinking, Disruption in financial security, Reduced or increased presence on social media, Inappropriate access to other mental & medical facilities.	When we go to the college regularly, we get a lot of exposure but when we are home, we don't have that much opportunity, we don't get that much exposure. We had a lack of opportunities and exposure.
2.	**Changing facets in relationships.**	Positive shifts	Stronger bonds, Common goals, Understanding & greater coherence, Shared activities, Feeling of togetherness, Recognising meaningful & authentic relations.	Now I don't talk to that many people, like I used to earlier. After a time, there is literally nothing to talk about, it has affected my relationships.

| | | Negative shifts | Increased conflicts, Greater burden of readjusting with family, Relationships grow weaker, Reduced personal interactions, Reduced personal space, Increased misunderstandings, Overwhelming presence of each other, Testing time for friendship. | It was good, like it is a rare opportunity. Because I think if Covid won't have come, we won't have gotten this opportunity. We have social media, friends, and study outside, so we get very less time to interact with family. But Covid gave us this opportunity to interact with the family. And there are positive aspects to it but negative aspects also. Like at our age we feel like there should be no interruption, feel like doing whatever we like, no interference from others right. |
| | | Technology mediated relations | Changing interaction dynamics. Losing the core essence of interaction. Increased pressure for social media presence. Decreased tangibility of interactions (virtually Vs physically hanging out) Emptiness. | Yeah that, look what I think is in spite of lot of video calls and everything, nothing can replace human to human interaction right. And this thing has affected my friendship. |

3.	**Adjusting to the new normal.**	Disruption of normal routine.	Changing in eating & sleeping patterns, Change in daily routine- college routine, work from home, grocery shopping, Monotony or boredom, Lack of routine works or goals, Realising the prominence of gender expectations.	It was difficult in the beginning. No, the first month went very well because that was like we thought it's just for a month but when the time span increased like 2 months lockdown 3 months lockdown. That was really frustrating. But gradually we managed, it became a habit. Initially change was difficult, but then got used to it.
		Adapting to the new forms of technology.	Increased screen time, Online classes, New exam patterns, Increased working hours, Submissions, Professional meetups, Shopping, Increased or decreased distractibility in online learning, Vast & diverse circulation of information through virtual platforms.	Surely, because it was all work from home and technology played a huge role. All the offices were operating online and many people faced challenges because of technology. Like my mom is a teacher, she never taught online, she didn't know about zoom, google meet, how to upload a video on youtube? She knew nothing, but because of

				technology she was able to take classes. So, technology played a huge role and its importance increased. Person like my mother learnt about zoom meetings.
		Restrained mobility	Distant & separation from loved ones, Feeling of confinement & being trapped, Restrained social gatherings & participation, Limited recreational options, Travel challenges, Feeling of suffocation or being trapped.	I personally love to travel. That kind of restrictions on me, I can't take it. But in the beginning, there was a complete lockdown but as soon as there was a leniency, I figured my way out and went to travel but that was very tough, very tough, it was very difficult.
		Access to resources.	Adjusting to limited resources, Engaging in community services, Reduced access to general medical facilities, Lack of authentic information.	No, some people had less access to the resources. Mainly it was economical, because the government provided all the basic necessities like medical needs and food, etc. Some people suffered

				economically because I was reading that 122 million people lost their jobs in this pandemic. But personally, I did not face any lack of resources.
		Persistent challenges going forward.	Wearing masks, Social distancing, Sanitising, cleaning & disinfecting things, Adapting to new lifestyle choices.	Whenever I used to go out, very rarely but I used to take all the precautions like wearing gloves and all but if I felt that there has been a slightest mistake, I used to panic a lot. Like what if I get COVID? I used to take a bath when I come from outside right. Like I was very anxious about it.
4.	**Relooking at self**	Positive transformation	Greater introspection & development of self-concept, Establishing healthy boundaries, Finding peace with restricting social interactions, Developing new skills, Rediscovering loss hobbies, Break from hectic lifestyles.	So pandemic was very transformative at a personal level because I said that I realised a lot of things about myself like what changes are to be done, what are necessary within me. I have transformed a lot as an individual. My perspective

				has changed about many things and yeah it really transformed. Because pandemic gave us time to think about ourselves it was really transformant.
		Negative transformation	Increased social anxiety, Reduced self-confidence, Unhealthy sleeping or eating habits, Restlessness, Decreased productivity/increased pressure for toxic productivity,	There were negative aspects to it but overall if I consider it was for good.
5.	**Coping**	Coping strategies	Coping styles- problem solving, immersing in hobbies, seeking social support, consistent self-care techniques, investing time in development of self, substance abuse, increased screen time, etc.	Yeah, I never made any strategies and all but yeah, I started working out, I learnt new things.I play Guitar sometimes, I love music, also I have a pet so I used to play with him, do some gardening also, it refreshens up the mood.
		Coping & social media	Learning new courses, Binge watching, Increased use of social media, Following social trends,	Social media played a huge role, it made us connected with our friends, we couldn't

				Overwhelming information, Content related to Covid-19 across social media (humorous or factual), Increased chaos or magnification, Social media instilling a sense of meaning & togetherness, Social media for nurturing relationships of meaning & togetherness, Social media for nurturing relationship.	meet face to face but it never made us feel alone. It gave a sense of connection. We could talk, video calls, initially I used to call them a lot but gradually it decreased. I think social media played a huge role.
		Coping strategy with change in nature of stress.	Coping for immediate stress Vs prolonged stress, Avoidant strategies, Emotional expressions, Distractions, Sense of exhaustion, Reduced or enhanced vigilance towards infection.		I don't used to watching Instagram reels that much, but I guess I'm not sure if Instagram launched its reels during a pandemic or not but it really got me through this pandemic. Let me tell you that during the new year most of my friends were partying and all and I were sitting at home wondering if they were partying having fun, that was very frustrating. Because when we see them on social media, we start comparing like he is doing this, she is doing this, it's very natural of us to compare. It's very negative, but it's human nature. That was very, very frustrating as we think I'm home for 6 months and they are hanging out. But whenever I got time I also used to go.

Table 1.2 Direct content analysis

Interpretation & Discussion-

The aim of the test which was conducted was to find the state and the trait anxiety of the participant. The case study method was used to find the result. The case study method involved using a psychological test. The state-trait anxiety inventory test was used which was conducted over a video call and was soon followed by a semi-structured interview which was also conducted over a Google Meet. For this purpose, A 20-year-old Male Devang Kapil pursuing Bachelors in Business Administration from JMIT, Radaur was used as a participant. Heis a friendly outgoing and extroverted person. He has always loved music and playing guitar. He is always up for adventures or travelling. Based on the Direct content Analysis refiring from table1.1 it can be seen the participant encountered the concerns about the following themes during the pandemic. Following are the five themes which were taken out during the Direct Content Analysis.

1. Living with fear- This particular theme focused on the factors like Fear of infection to friends and family- worry about risk of infection, fear of risk of infection to elders, difficulty getting treatment, concern over access to COVID-19 medical care, losing loved ones, long term consequences on health, challenge of quarantine, differences in precautionary behaviour, uncertainty of future like lack of clarity, period of separation of a family member and state of unease which was basically talking about mood fluctuations, fear of missing out on stuff. Like the participant felt Very much, very much. That I was very anxious, yeah. But now I'm very casual because the situation is much better. Whenever I used to go out, very rarely but I used to take all the precautions like wearing gloves.

2. Changing facets of relationships (peers, family members, extended social circles)- This theme mainly focuses on the positive and the negative shifts in one's lives. How did the person take the pandemic to be like? Did they create greater and stronger bonds or discovered a new skill which they never knew had or did their relationship grow weaker or they felt their personal space has been reduced. The technological relationship which one came across. The participant said he doesn't talk to as many people as he used to earlier. The relationships have changed a lot with others. Initially he used to video call his friends a lot but gradually it decreased as he thinks nothing can replace face to face interaction.

3. Adjusting to the new normal- The third theme focused on the factors like changing in sleep routine, change in the normal routine. Restrictions from going out and meeting friends etc. The participant was really upset that he couldn't meet people or even step out. It was really difficult for him in the beginning stage and also frustrating as the lockdown period kept on increasing. Everything became online, work from home, and he personally loves

to travel so it was difficult as he couldn't go anywhere for a while. But as there was a liberty I managed to go on a trip nearby.

4. Relooking at self- This theme mainly focuses how one sees themselves did encounter any positive change and learnt anything new. The participant especially felt really good when he saw positive changes in himself and could see himself doing things which he felt she won't have ever done. He used to work out, play guitar, learnt new skills, worked on self-confidence, got the time to self-introspect. There were negative aspects too but overall it was good for me. I even started my own startup with a couple of friends, which is doing pretty well.

5. Coping- The last theme focuses on how did the participant cope with the pandemic and what all strategies did they apply. The participant used social media mainly to cope up with the entire covid situation because that was one main source of keeping in touch with everyone and the entire and OTT platforms. He never made any specific coping strategies, but he started working out and learnt new things. He said Social media also played a huge role as it kept everybody connected with each other.

The direct content analysis was done and a result table was formed. Categorising the transcribed data into a result table helped as the table consisted of the themes and sub-themes. The test score result was also made using the STAI Manual, the raw scores were calculated from the response sheet and later on the STAI Manual was used to check the scores and the standard score and percentile category was also found.

The participant has major interest in music specifically, guitar, likes to do gardening and work-out on a daily basis. The participant is an extrovert as he likes to be always surrounded by the people, it is a difficult task for him to spend all the time by himself. The participant utilised the lockdown for self-introspection and brought a positive change in his life, also thought about being a completely independent person now, as he also started a start-up to grow and pursued his interest, also gained a lot of experience while working online with many companies.

The Raw score of the participant for State Anxiety was 47 while for Trait Anxiety was 45. Looking at the Table from the STAI Manual, the college student category table was used to find the Standard Score and Percentile Category. The participant is a Male, according to the Raw score of S-anxiety the standard score was 84 and percentile category was 61, while for T-anxiety the standard score was 57 and percentile score was 79. The key strategies which were adopted by him to overcome these situations or thoughts were logical reasoning and faith in the greater principles in her life. But his state and trait anxiety show extremely high which means that the coping strategies which he was using didn't work out of him well. Even though he has taken initiatives he has

also tried to take steps for personal growth and development and these steps are though essential for him, but they also test his own boundaries and put him in an uncomfortable zone. Even though he finds benefits in them and found some relevance in the steps which he took to overcome those situations and reduce her anxiety levels but this entire process of pushing himself out of comfort zone and testing his own limits continues to be a source of anxiety which can be inferred from the high levels of state and trait anxiety in the table 1.1.

The main challenge faced by the participant on the basis of DCA was living at home, spending time all by himself, interference in personal life, bound to stay at home, etc. The adjustment made by the participant was learning to spend time by himself, forming bonds with family, when there was no one to talk to, he shared his problems with his family and made them understand certain things and vice versa. The coping mechanism used by the participant was his hobbies like gardening, working out, playing guitar, spending time with family and pet, talking to friends via electronic gadgets, and developing a whole new version of self by introspecting and striving towards betterment.

Conclusion-

The aim of the study was to understand the experience of anxiety among young adults during the COVID-19 pandemic. This was done via a case study method with the help of semi- structured interviews and findings of concurrent nature were observed. An Interview guide and dimension of enquiry was prepared and a semi-structured interview was conducted on a 20 year old college student. STAI was also conducted on the same participant and both the studies converged and provided a comprehensive understanding of anxiety among young adults. The STAI showed the participant has extremely high state anxiety and very high trait anxiety. The participant was experiencing high anxiety because of the current situation, and is likely to experience high anxiety in any kind of stressful situation. The participant was also anxious about getting infected from the virus. However, due to the high anxiety the participant should find the source of anxiety and heal it using some techniques like yoga, meditation etc.

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Appendix A

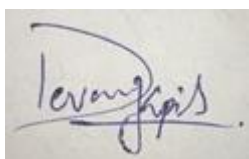Indraprastha College for Women

University of Delhi

<u>INFORMED CONSENT FOR PARTICIPATION IN PSYCHOLOGICAL RESEARCH</u>

The Department of Psychology at IP College for women, supports the protection of human participants in research. COVID-19 as a global pandemic has been found to have far reaching consequences for the physical and mental health of individuals. The purpose of the current study is to understand the impact of COVID-19 pandemic on the mental health of young adults.

I would like to invite you to take part in this study and through your experiences, help me to understand the relationship between COVID-19 and mental health concerns of young adults, better. The study would require you to take part in an interview, which would last for approximately 30 minutes. The interview will be recorded, but all information provided by you will strictly remain confidential and will be used for academic/research purposes only. It will not be associated with your name and you can refuse to answer any question if you don't wish to. The results will not be reported to anyone else without your permission.

If you agree to participate, please be aware that you are free to withdraw from the interview at any point, without any penalty. Your participation is completely voluntary. If you have any further questions regarding this study, please feel free to contact me through mobile <u>+91 7000723236</u> or email id <u>shruti30123@gmail.com</u>

Kindly indicate with your signature on the space below, if you agree to participate in this research study, conducted by <u>Shruti Agrawal</u> without any force or coercion.

Participant's Signature   Investigator's Signature   Date:06.03.2021

Appendix B

Interview Guide

Beginning with rapport formation (gathering demographic details, questions like tell me something about yourself, enquiring about the hobbies, likes and dislikes of the participant, questions like- what do you know about covid-19, confirming their comfortability, ensuring confidentiality, informing the participant about purpose and nature of one's research, describing the ethical code of conduct and guidelines to be followed, seeking consent including for recording etc)

A broad open- ended question: It's almost been a year since the pandemic emerged, what would you like to share about your journey during this time period?

Probe for: How has the period of COVID – 19 been for you, sense of monotony, social life, number of working hours, sleep routine, work life, college life, personal life at home etc

Do you think the pandemic has impacted your life in any manner? Could you please elaborate on it?

Probe: What keeps you engaged? Is there any change in the factors contributing to perusal of your work/interests/goals?

If you were to share about a typical day of your life before the pandemic to that during the pandemic? Could you trace any difference?

Probe: Have you felt any unique transition/transformation? If they say that there is no difference then one can ask-what makes you feel that the things have remained the same, probe further about no of working hours, sleep routine, monotony etc.

Have you felt that this time period has brought any sources of stress? Would you like to share more about it?

Probe for: Travel restrictions, maintaining safety, living away from family, access to luxurious resources (hoarding resources), access to domestic help, career opportunities, access to medical aid, employment opportunities, attending ceremonies rituals, festival celebration being missed, were you worried about personally contracting the virus, or your family, friends, etc. contracting it?

What has been the biggest challenge that you have had to face due to the pandemic?

Probe: Thoughts about confinement, maintaining a stable sense of mind, financial security, boredom, employment status, organizing one's day, missing social ceremonies, additional household responsibilities (if they felt overwhelmed), not being able to move out, other restrictions, remaining healthy, being productive.

With massive numbers of people prey to this illness, how have you been dealing with such information? How involved were you in keeping up with the trends? Do you feel all this information affected you in any manner?

Probe for: Whether the information was difficult to cognize, did it have any impact on their fear of infection, access to healthcare facilities, did it lead to feeling overwhelmed or give rise to any mental health concerns, did it generate any other relevant personal concerns, emotional impact of information being provided about the surge in no of cases, were you or any of your family members diagnosed with Covid-19? If yes, what was the experience like and how did you deal with it?

When the lockdown was announced and the mobility was restrained, did you find any of your plans being disrupted in any manner? *(Probe for educational plans, travel plans, meeting family, vacation plans, career plans, social plans, access to resources etc.)* **Since the restrictions have been lifted, do you think there are any aspects that you have had to get readjusted to?** *(Probe: like, social interactions have to be resumed, getting back into the routine of travelling daily to work, wearing masks, following the earlier routine etc.)*

Do you feel you have experienced any change in your relationship with others around you?

(Probe for: How has your family been engaging in this time, how has the experience of living with your family 24x7 been for you, any change in your peer relationships, indulgence/refrain from relationships over social media) **Do you feel you have experienced any change in the kind of significance you attach to the relationships in your life?** *(Probe for: any change in the kind of trust you had on dependable relationships, tangibility of relationships being changed due to technology-mediated social interactions, impact of social interactions being limited to virtual meeting rooms, change in shareability in relations)*

Do you feel there is any significant manner in which technology became a more than usual part of your life? During this period, screen time has increased for a lot of people for a variety of reasons. For what all

reason has it increased for you? *(Probe for change to distance learning, for exams, long working hours, how increase of screen-time impacted you? Social interaction being more technology-mediated, how does all this feel? Seeking recreation through binge-watching and gaming, scrolling through social media, what was the impact of this technology-based life? Was there any particular reason behind increased usage of social media/gaming? What purpose did it serve-did it help you relax, remove boredom, gave pleasure, build a sense of togetherness?)*

How has this transition to a completely tech- based life impacted you physically, mentally, socially?

What change has been the most difficult to deal with and why? Any pressing concern/ challenge you feel has been persistent and continues to prevail in your present situation (anything we haven't covered so far)

Probe: Concern persistently present, address how over time some nature and impact of stressors have changed, some stressors more prominent initially but gradually one feels adjusted, doubts about productivity, uncertainty, feeling of being trapped in confinement due to travel restrictions, lack of employment opportunities, emergence of new stressors.

If you were to reflect solely on the role of social media in your journey of living with the pandemic. Do you feel that there is anything you would like to share? Any social media trends which became a source of stress/pressure or amused/ humored you?

Probe: FOMO, personal social media handles becoming stagnated and subsequently affecting their sense of confidence, popularity, self-worth etc., was social media helpful or detrimental to you or your mental health during the pandemic? How?

If you were to recollect and reflect on how pandemic has been transforming for you at a personal level do you feel that you have anything to share?

Probe for: aspects related to self-growth, self-care, developing any new skill, or some negative impact on self (such as increased irritability, restlessness, social anxiety, loneliness), map the changes across time, was it harder initially vs now.

During this period did you feel any specific stressors or pressures which magnified in your life because of your gender?

What has been the biggest source of strength/drive which has enabled you to sustain the pandemic?

Probe on: Focus on Coping strategies they used, engagement with social media as a coping mechanism, exercise, meditation, virtual meetups, common online dinner parties, family, friends, romantic relations, period to find time to do things which they didn't have time for earlier, rediscovering passion for hobbies, short term coping strategies (adaptive/maladaptive), prioritizing mental health, increasing productivity, working on personal growth etc.

If you were to think and share about the biggest obstacle which hindered or pulled you down additionally during this period? How have you been dealing with it?

Reflecting back do you think there is anything in particular which you feel could have dealt with in a different manner?

Moving forward, how do you see things going ahead? What is your outlook? Is there anything you are looking forward to and hoping for?

Probe: Looking at the current trends, knowing that the pandemic is not going to get over soon, what is your perception of the entire situation, what are the kinds of plans that you have. Any specific concerns, such as-wearing masks, travel restrictions etc, how have you adjusted your plans keeping in mind the restrictions related to the pandemic? Anything that you are enthusiastic about in your near future, what are the positive aspects in your life that you are looking forward to?

Thanking the participant

Appendix C

Transcription

INTERVIEWER- Hi, I'm Shruti. Tell me something about yourself.

INTERVIEWEE- (smiles).. Hi, I'm Devang Kapil and currently I'm doing my.. graduation in bachelor of business administration from JMIT Radaur.

INTERVIEWER- Okay.

INTERVIEWEE- and.. I have a start-up; currently I'm working on my start-up.

INTERVIEWER- Okay, so what do you know about COVID-19? Could you share something?

INTERVIEWEE- Okay, so.. COVID-19 is a virus it's basically a pandemic which came.. .. sorry (@) I don't know.

INTERVIEWER- It's alright. So, basically, I'm conducting research on anxiety during COVID-19 on young adults.

INTERVIEWEE- OKay.

INTERVIEWER- I'm recording the session which we're having right now, and all the data will be completely confidential.

INTERVIEWEE- Okay Okay.

So here are some questions-

Could you share your journey from when the lockdown was announced?

INTERVIEWEE- Okay, so.. we came to our house on Holi last year and that's when our prime minister announced lockdown. We all thought that, I mean I personally thought that, it's just for a month after that everything will be normal right. So, the first month went well, those 21 days we thought that it's something different. We spent time with our families but gradually as the lockdown extended, we all were a little bit frustrated in the beginning.. Initially it was exciting like yeah, we are at home, away from college, no studies. But as the time period started extending, irritation happened. Like, parents near us, hostel was better like being away from home and parents right but it has a negative aspect also and a positive aspect also right. What I personally think that the current version of me is just because of lockdown, if lockdown won't have happened this version of me.. won't have existed. Because we got a lot of time for self-introspection right, like where are we lacking, where should we focus, and the main thing that I realised is that.. .. by going to college I was wasting time, at home there was the time to self-analyse.

INTERVIEWER- Okay, so like it's been a year since the lockdown emerged, if you could share your journey around the same?

INTERVIEWEE- ..Like I said, initially it was very difficult to manage right, because there was a complete lockdown, can't even go outside the house, and we have never lived like this before, it was a totally completely different zone. We were feeling bound, not by choice, we were not allowed to go outside. So, there was a sense

of restriction that I felt, it was very frustrating but gradually we got used to it.. And then after a while there was a little leniency also, in the beginning it was difficult, there was a time when I felt anxious and there was no human interaction, only social media, through calls.. but.. it was quite a bit, good journey.

INTERVIEWER- So do you think that this pandemic has affected your life in any manner?

INTERVIEWEE- It has affected my life.. .. very much, very much because I'll consider this pandemic as a turning point in my life because in this pandemic I have realised a lot of things about myself, like what I love, what I don't love, what do I have to do in future, what are the right steps ahead, like I got the time to self-introspect. Because during the normal days there are a lot of distractions, you've a large friend circle, you go out to hang out with them, so where there should be the main focus now, we can't focus there because of these distractions right now. But when you're alone, by yourself you're bound to think about it because then you won't have any distractions. It has changed my life very much, I have experienced many new things, tried many new things, and learnt many new things. So, yeah.

INTERVIEWER- So would you say this pandemic has brought a positive change in your life?

INTERVIEWEE- ..Very much, very much, there were negative aspects to it but over all if I consider it was.. for good. It has brought positive change.

INTERVIEWER- Okay, so if you were to share about a typical day before the pandemic and that during the pandemic. Could you trace any differences?

INTERVIEWEE- .. ..Sorry again?

INTERVIEWER- I mean like if you were to share about a typical day before the pandemic and that during the pandemic. Could you trace any differences?

INTERVIEWEE- ..Yeah, there was a difference like during a pandemic we had no one, like no friends. But at that time, we had a friend circle, so we could go and talk to them. Of course, we can talk to them by phone also but that one on one interaction was lacking.

INTERVIEWER- Okay so, there might be a change like your college life maybe like you used to go to the college earlier, but during the pandemic it was restricted.

INTERVIEWEE- ..Yeah actually,.. I never missed my college days that much in fact, I have planned that I'll no longer go to college right. I have realised that I have wasted a lot of time going to college. Before the pandemic we used to go to the college and attend the classes right, but.. in the pandemic, I have realised that I learn much more at home than by going to the college.. So, this is what I think.

INTERVIEWER- Like before the pandemic there was a fixed working hour and everything but later, nothing. So, by this were there any changes in your sleeping cycle?

INTERVIEWEE- Yes, very much. I took it very leniently. Later I realised that my sleeping cycle was really disturbed and as soon as I realised it, I worked upon it.

INTERVIEWER- So, would you say that this pandemic has given you time to pursue your hobbies which you didn't do earlier?

INTERVIEWEE- Yeah, Yeah definitely. Because in a pandemic we had plenty of time. And at that time, we had nothing to do.. right. So, I explored new things, I learnt a lot of things right.. I learnt a lot of skills because I had a lot of time.. So yeah.

INTERVIEWER- Okay. So, have you felt that this time period has brought any sources of stress?

INTERVIEWEE- .. ..Yeah. There was a time.. of stress, the beginning.. .. But actually,.. like we were not sure about the future, what's going to happen, about survival, there was a lot of panic. I personally felt that maybe I have got corona.. At times, I used to get very anxious like I can't breathe, I can't smell, (@) and all that was nothing (hand gestures). There was nothing to worry about but we had affected our self mentally right. Like there was a lot of chaos.

INTERVIEWER- So, like were you stressed about maintaining your safety from COVID-19?

INTERVIEWEE- Correct Yeah. Whenever I used to go out, very rarely but I used to take all the precautions like wearing gloves and all but if I felt that there has been a slightest mistake, I used to panic a lot. Like what if I get COVID? I used to take a bath when I come from outside right. Like I was very anxious about it.

INTERVIEWER- Also, do you think that this travelling restrictions has given you some kind of stress?

INTERVIEWEE- Very much, very much because I personally love to travel. That kind of restrictions on me, I can't take it. But in the beginning, there was a complete lockdown but as soon as there was a leniency, I.. figured my way out and went to travel but.. that was very tough, very tough, it was very difficult.

INTERVIEWER- ..With massive no of ppl falling prey to this illness, how involved were you in keeping up with the trends?.. Did you find any difficulty because of infection related news and surging no. of the cases?

INTERVIEWEE- No, in my city there were not many cases. Like there were 2-3 cases around me in the area I live but whenever there was news like that, we used to panic a lot. My parents used to say now don't go outside,.. no outside things would come. So, there was a chaos and people suffered.. because of it.

INTERVIEWER- So, did you have a fear of infection? Fear of being infected? Or were you casual?

INTERVIEWEE- Very much, very much. That I was very anxious, yeah. But now I'm very casual because the situation is much better.

INTERVIEWER- So since the lockdown what do you think is the biggest challenge you've faced?

INTERVIEWEE- Biggest challenge I have faced?.. .. Spending time with myself, I am a kind of person who is always surrounded by people like my friends. I rarely get time to spend alone, I am not used to it.. So initially when lockdown was announced I had to spend time alone so that was the biggest challenge.. I don't have the habit of being alone. There was always somebody with me, I have never spent time alone.

INTERVIEWER- So like this was a period where you were bored or something like that?

INTERVIEWEE- Initially only,.. but I have some hobbies like I play guitar, I like to learn new things. In the beginning I thought it's for a little while but when it extended, I figured out my ways to engage myself in different kinds of activities.

INTERVIEWER- So like when the lockdown was announced, it was march 2020, so did you find any of your plans being affected due to the lockdown.

INTERVIEWEE- I did not have any.. such solid plans actually. Like I was going smooth, going to college,.. there was not any particular plan which got affected.

INTERVIEWER- So now the restrictions have been uplifted, do you see things improving in the near future?

INTERVIEWEE- I think so.. that we should be prepared for the worse (@) because.. what I think that is this pandemic was just the beginning and a lot worse virus can come.. And the people who are saying that nothing can be worse than this, I would say life will never be normal again, it's a fact. I was reading an article that said the Corona virus has only 2% mortality rate right. But there are viruses that can have 20-30% mortality rate. So,.. you can just imagine that if that virus would have come then what would have happened. This virus does not have that much mortality rate, then also so much happened, all these changes and measures for safety.

INTERVIEWER- So, do you feel that there has been a change in your relationship with the people around you?

INTERVIEWEE- Very much, yeah.. Now I don't talk to that many people, like I used to earlier. After a time, there was literally nothing to talk about,.. it had affected my relationships.

INTERVIEWER- Okay. So, how has your family been engaging during these times?

INTERVIEWEE- My family. Sorry.

INTERVIEWER- So, how has your family been engaging during these times?

INTERVIEWEE- How is my interaction with my family?.. In the beginning it was okay.. but with time everyone got frustrated, like living all time together, fights happen, can't even go outside, but gradually, I managed and got used to it. (smiles)

INTERVIEWER- So how was the experience of living with the family 24/7?

INTERVIEWEE- ..It was good, like it is a rare opportunity.. Because I think.. if Covid won't have come, we won't have gotten this opportunity.. We have social media, friends, and study outside, so we get very less time to interact with family. But Covid gave us this opportunity to interact with the family. And there are positive aspects to it but negative aspects also.. Like at our age we feel like there should be no interruption, feel like doing whatever we like, no interference from others right.

INTERVIEWER- So do you think due to Covid you lost relationships with people?

INTERVIEWEE- Yeah that,.. look what I think is in spite of a lot of video calls and everything, nothing can replace human to human interaction right?.. And this thing has affected my friendship.

INTERVIEWER- Is there any significance in how technology became more than a usual part of your life?

INTERVIEWEE- Surely,.. because it was all work from home and technology played a huge role.. All the offices were operating online and many people faced challenges because of technology.. Like my mom is a teacher, she never taught online, she didn't know about zoom, google meet, how to upload a video on youtube? She knew nothing, but because of technology she was able to take classes. So, technology played a huge role and its importance increased.. Person like my mother learnt about zoom meetings.

INTERVIEWER- So how has the transition to a complete technology-based life impacted you physically, mentally and socially?

INTERVIEWEE- ..We were not used to it right?.. It just affected me in a way like I'm a person who likes to interact.. Life was very frustrating for me but it got the job done. Because of the technology we were able to spend this period because if there won't have been any technology.. than the situation would have been worse.

INTERVIEWER- So what change do you think was most difficult for you to deal with?

INTERVIEWEE- ..Spending time with family, I guess?

INTERVIEWER- So like we have a normal life than we got lockdown, now restrictions are uplifted, do you think you are facing any challenges currently?

INTERVIEWEE- No.. I don't think that there are any challenges for me but yeah life is not normal again like it used to be before pandemic. Like.. there is still a fear, it's negligible but still. And all the precautions we take, like I still don't go outside without putting a mask. It's for good.

INTERVIEWER- Do you become less productive because of Covid-19?

INTERVIEWEE- No.. actually I became more productive because of Covid-19. I got more time. Covid-19 was the reason I got to know that I'm not productive at all. Thanks to Covid that it made me productive and made me realise.. that what are the improvements that need to be done.

INTERVIEWER- Like if you were to reflect on the role of social media in your journey of living in the pandemic. Do you think there is anything you would like to share?

INTERVIEWEE- Social media played a huge role,.. it made us connected with our friends, we couldn't meet face to face but it never made us feel alone.. It gave a sense of connection. We could talk, video calls, initially I used to call them a lot but gradually it decreased.. I think social media played a huge role.

INTERVIEWER- Any social media trends which become a source of stress or pressure or amused/ humoured you?

INTERVIEWEE- .. ..I don't used to watching Instagram reels that much, but I guess I'm not sure.. if Instagram launched its reels during a pandemic or not but it really got me through this pandemic.

INTERVIEWER- Did you face any kind of FOMO or something? Like other people used to post updates of what they are doing?

INTERVIEWEE- That really yeah. Let me tell you that during the new year most of my friends were partying and all and I were sitting at home wondering if they were partying having fun, that was very frustrating. Because when we see them on social media, we start comparing like he is doing this, she is doing this, it's very natural of us to compare. It's very negative, but it's human nature. That was very, very frustrating.. like we think I'm home for 6 months and they are hanging out. But whenever I got time I also used to go.

INTERVIEWER- So if you were to recollect reflect on how pandemic has been transformant. What would you say?

INTERVIEWEE- So pandemic was very transformative at a personal level.. because I said that I realised a lot of things about myself like what changes are to be done,.. what are necessary within me. I have transformed a lot as an individual.. My perspective has changed about many things and yeah it was really transformant.. Because pandemic gave us time to think about ourselves it was really transformant.

INTERVIEWER- What has been the biggest source of strength of drive which enables you to sustain during the pandemic?

INTERVIEWEE- Biggest source of strength?.. Like one day this will get over. There was a hope.. But there was thought that maybe I won't make it. Because you never know. We watched so many movies and all like viruses came and everything got destroyed and all, we didn't know how much worse the situation can get. One day things will get better, there was a hope that we will meet our friends again, party and that was a total source of strength.. and of course family.

INTERVIEWER- Like were there any coping strategies you used?

INTERVIEWEE- Yeah, I never made any strategies and all but yeah,.. I started working out, I learnt new things.

INTERVIEWER- Biggest obstacle which pulled you down during this period?

INTERVIEWEE- I don't think there was any obstacle for me personally.. it was a good opportunity, it was a kick start for me. Because in this pandemic I learnt a lot of stuff, I did internship with companies, and in this pandemic only I started my own start-up.. with my other friends. So yeah, it wasn't an obstacle but a kick start.

INTERVIEWER- Okay so, reflecting back do you think that any particular thing could have been dealt with in a different manner?

INTERVIEWEE- One thing.. which I feel that Lockdown which was for 21 days was a complete lockdown, that was not implemented properly. Because in that lockdown people were still roaming not because they wanted to, but they had to. So, because of all this the whole purpose got disturbed right?.. There were still movements from people.

INTERVIEWER- So moving forward, what is your outlook, what are you looking forward to and what are you hoping for?

INTERVIEWEE- I am hoping for no any much worse situation than this comes. And, people maintain this hygiene,.. which we have learnt like, life becomes smooth like it was.. People could move, travel freely anywhere,.. can hang out. That's the only thing I'm hoping for.

INTERVIEWER- Also, would you say because of the pandemic you had less access to the resources like medically, economically or something?

INTERVIEWEE- No, some people had less access to the resources. Mainly it was economical, because the government provided all the basic necessities like medical needs and food, etc.. Some people suffered

economically.. because I was reading that 122 million people lost their jobs in this pandemic. But personally, I did not face any lack of resources.

INTERVIEWER- In an educational view like there was a distant learning, did you face any challenges because of that?

INTERVIEWEE- Yeah there were a lot of challenges.. Because we were used to going to classes and studying, not having an online concept ever before.. It was different. The learning capacity also decreased, like we can't understand many things online, and teachers also didn't have the experience, they were also not able to explain like they earlier did face to face. So, because nobody was prepared for this situation,.. we were bound to the situation, we had no other option.

INTERVIEWER- Did you have any fear of missing out on opportunities related to your goals?

INTERVIEWEE- Yeah,.. like when we go to the college regularly, we get a lot of exposure but when we are home, we don't have that much opportunity, we don't get that much exposure.. We had a lack of opportunities and exposure.

INTERVIEWER- When the pandemic emerged did you have the fear of being a failure? Like, everything is on a negative path now, what are you going to do? What about the future?

INTERVIEWEE- Like I used to think that what I'm doing today will pay me back or not?.. Am I working hard enough?.. Whether I'll be able to enjoy its outcome or not? Whether I'll make it through this or not? ..But it happens like, was this all for nothing? We are going to die because of a virus now. So, it was a negative phase, like why should I work hard now, what if another virus comes now? We will die. It was negative, but it wasn't in our control either.. We can just play our part, and give 100% and we don't have any control in any external factors.. Kind of did a self-counselling, it was a negative phase but we passed it.. Not everybody can do this right.

INTERVIEWER- So regarding your self-confidence, would you say you lost confidence a little or it increased during the pandemic?

INTERVIEWEE- I'm still working on my self-confidence.. but as compared to earlier, yes it has increased.. because I have learnt a lot of stuff, gained a lot of skills which gave me more confidence. Yeah,.. right so I think that I have gained confidence and I'm still on it.

INTERVIEWER- Do you think that you have developed a positive strength in yourself?

INTERVIEWEE- Yeah, very much. I have developed positive strengths actually. I have developed a lot of positive things in me.

INTERVIEWER- So would you like to talk about the new dimensions you might have added to yourself, like being more independent, taking some responsibility?

INTERVIEWEE- Yeah, I have thought of being independent now.. financially and in every aspect. So, yeah,.. this pandemic helped me get these new dimensions to myself.

INTERVIEWER- So like in social media like any type of content which might have affected your metal health?

INTERVIEWEE- ..Instagram reels were best; those trending songs were on my mind always.

INTERVIEWER- So like social adjustments with your family members, would you say like you have built up a strong connection with your family?

INTERVIEWEE- Yeah, we got time to understand our family members thoroughly,.. before that we were so busy in our life that we didn't have time to talk to each other.. but now the interaction has increased,.. when we did not have anyone to talk or share something, we shared it with our family.. We also made them understand,.. they also made us understand something. So, yeah it has improved my relationship with my family.

INTERVIEWER- So during the pandemic did you make any new relations like adopting a pet or pursuing any hobbies like?

INTERVIEWEE- Yes, I have been into cooking lately, and one more hobby, I started doing gardening. I have a pet but I have that before lockdown.

INTERVIEWER- When India got exposed with CoronaVirus what measures did you take personally to keep yourself safe and protected?

INTERVIEWEE- I followed rules.. like maintaining social distancing, sanitisation, using masks and hand gloves,.. not going out unnecessarily.. Whichever was practically possible for me I did that.. So, I did my part well.

INTERVIEWER- During the lockdown how did you spend your day at home?

INTERVIEWEE- ..I used to play guitar, I love playing guitar, so I played guitar, I listened to music, gardening,.. played with my pet. So, these were the activities,.. I even indulged myself with my family. So, these were the basic stuff that I could do at home.

INTERVIEWER- How did you adjust yourself to the new normal?

INTERVIEWEE- ..It was difficult in the beginning. No,.. the first month went very well because that was like we thought it's just for a month but when the time span increased.. like 2 months lockdown 3 months lockdown. That

was really frustrating.. But gradually we managed, it became a habit.. Initially change was difficult, but then got used to it.

INTERVIEWER- How are you planning to sustain and maintain your life?

INTERVIEWEE- Whatever I have learnt in this lockdown, I'll move forward in my life with that.. It's a gift for me righ?.t. And I really thank that lockdown happened, not pandemic, I mean a lot of people suffered, but personally it was beneficial for me,.. the good habits that I've developed in me, I'll try to sustain them.

INTERVIEWER- Okay. Thank you so much for giving your precious time for this interview. I really appreciate your participation. It was nice talking to you.

INTERVIEWEE- Yes. Welcome. It was indeed a nice one.

INTERVIEWER- How did you find the questions? Were you bored answering them?

INTERVIEWEE- ..I think the questions were interesting, maybe my answers might be boring.(@)

INTERVIEWER- No, you gave an interesting interview. Thank you so much.

INTERVIEWEE- Yes. (smiles)

Appendix D

Introspective Report-

'I think the session went smoothly. I was excited but also nervous about the interview. The pandemic was a turning point for me as I got the time for self-introspection. I learned new skills, is still working on my confidence level. I felt comfortable answering the questions and there was no tension of any sort. Answering some questions helped me better understand my experience with the virus.'

Appendix E

Observer's Report-

The participant was comfortable during the interview. The participant gave all the answers with confidence and was interested in giving the interview. Rapport was built perfectly; the participant gave all the information asked for. The Participant even motivated himself and had a very optimistic point of view throughout the interview.