

Relation between stress and depression in students during online learning in a pandemic

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Abstract

This study aims to assess the relationship between stress and depression in students during online learning in pandemic times. The main purpose of this study is to look at the relationship between stress and depression in students during this period and to link these emotional problems with socio-demographic characteristics. 100 students participated in this study, out of which 47 were male participants and 53 were female participants. The integration of quantitative methods was used for the methodology of this study. In this study, two closed-type instruments were used, one measuring stress and the other depressing students during online pandemic learning. The results of the study provide that stress response has a very weak positive correlation with depression in students during online learning in whom the pandemic also the results of the study show that women reach average very close to men in the context of stress and in the context of depression women achieve average much slightly higher than males in students during online learning in whom of the pandemic. In the end, it can be argued that the findings of this study can help students understand more about the stress and depression they experience during long-term online learning in times of pandemics.

Keywords: Relationship, stress, depression, student, online learning.

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