

Uproot the Stress of Fear and Anxiety About Future During This Pandemic

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Abstract

Since the previous few months, the globe has been consumed with a deadly virus that has been killing and infecting the human population. People are bracing for which is creating fear in their minds. We know hopeful perspective can pull us through obstacles and challenges just like the pandemic its consequences which profoundly altered the way of life of billions of individuals, its duration is unknown, and unpredictable. The Adult Trait Hope Scale (Snyder et al., 1991) and State-Trait Anxiety Inventory for Adults questionnaires were used to collect data (N=50). It was found that state score is high than trait score indicating in present situation respondents are more anxiety-prone than general state. A regular nature between pathway thinking and Inspiration frequency was found. The study revealed that folks are hopeful and are in search of various paths to cope-up even during this pandemic situation.

Key words : Hope, Uncertainty, Fear, Pandemic, Inspiration

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Introduction

Psychology is the scientific study of the mind and behavior, according to the American Association. Psychology is a multifaceted discipline and includes many sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes.

In the early days of psychology there were two dominant theoretical perspectives regarding how the brain worked, structuralism and functionalism.

Structuralism was the name given to the approach pioneered by Wilhelm Wundt (1832-1920), which focused on breaking down mental processes into the most basic components. The term originated from Edward Titchener, an American psychologist who had been trained by Wundt. Wundt was important because he separated psychology from philosophy by analyzing the workings of the mind in a more structured way, with the emphasis being on objective measurement and control. Structuralism relied on trained introspection, a research method whereby subjects related what was going on in their minds while performing a certain task.

An American psychologist named William James (1842-1910) developed an approach which came to be known as functionalism, that disagreed with the focus of structuralism. James argued that the mind is constantly changing and it is pointless to look

for the structure of conscious experience. Rather, he proposed the focus should be on how and why an organism does something i.e., the functions or purpose of the brain.

Clinical psychology, branch of psychology concerned with the practical application of research methodologies and findings in the diagnosis and treatment of mental disorders.

Clinical psychologists classify their basic activities under three main headings: assessment (including diagnosis), treatment, and research. In assessment, clinical psychologists administer and interpret psychological tests, either for the purpose of evaluating individuals' relative intelligence or other capabilities or for the purpose of eliciting mental characteristics that will aid in diagnosing a particular mental disorder. The interview, in which the psychologist observes, questions, and interacts with a patient, is another tool of diagnosis.

For purpose of treatment, the clinical psychologist may use any of several types of psychotherapy. Many clinical psychologists take an eclectic approach, drawing on a combination of techniques suited to the clinic. Clinical psychologists may specialize in behavior therapy, group therapy, family therapy, or psychoanalysis among others.

Social psychology is about understanding individual behavior in a social context. Baron, Byrne and Sals (1989) define social psychology as-

“The scientific field that seeks to understand the nature and causes of individual behavior in social situations.”

It therefore looks at human behavior as influenced by other people and the social context in which this occurs. Social psychologists therefore deal with the factors that lead us to behave in a given way in the presence of others, and look at the conditions under which certain behavior/actions and feelings occur. Social psychology is to do with the way these feelings, thoughts, beliefs, intentions and goals are constructed and how such psychological factors, in turn, influence others.

These days, we all have to accept the anxiety inherent in living in the time of the coronavirus pandemic and COVID-19. Anxiety helps us prepare to respond in a more adaptive and healthy way. Some people find it possible to tolerate some degree of discomfort and can manage their anxiety in a healthy manner. Often that's because some people have done well under this kind of challenge already, albeit in very different contexts. Life has a way of requiring this. Yet other people — particularly people who have anxiety disorders — may understandably be having a great deal of trouble coping.

It's a frightening time. We're in the midst of a worldwide pandemic, with cities and even entire countries shutting down. Some of us are in areas that have already been affected by coronavirus. Others are bracing for what may come. And all of us are watching the headlines and wondering, “What is going to happen next?”

For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. We don't know how exactly we'll be impacted or how bad things might get. And that makes it all too easy to catastrophize and spiral out into overwhelming dread and panic.

As the physical coronavirus pandemic continues to spread, an emotional pandemic is following fast in its wake. When the whole world is going to pieces, it's awfully hard for the human mind—a fragile thing in the best of times—to cope,

and more and more, doctors are reporting the spread of despair, worry and depression among their patients, especially those already suffering from some form of anxiety disorder.

It's too early in the coronavirus plague to know the exact extent to which anxiety disorders are on the rise, mostly because the clinical cases are lost in the much louder noise of the global panic. “I'm seeing a lot of disappointment among patients,” says Chicago-based psychologist Patrick McGrath, head of clinical services for NOCD, a telemedicine site that provides online treatment with licensed practitioners for people suffering from OCD. “Someone with social anxiety disorder will say, ‘I was in the middle of treatment, I was just getting out and meeting people and this is setting me back.’”

Schools are shutting down, stocks are plummeting, and health-care workers are scrambling to deal with a shortage of beds. In this time of social distancing and high anxiety, it can help to step back and remind ourselves of the myriad ways people are still being positive.

According to Snyder et al. (1991) hope is a positive cognitive state based on a sense of successful goal-directed determination and planning to meet these goals. In other words, hope is like a snap-shot of a person's current goal-directed thinking, highlighting the motivated pursuit of goals and the expectation that those goals can be achieved.

While some approaches conceptualize hope in the realm of being, that is acknowledging hope during illness and within palliative care; Snyder et al (1991) emphasized the relevance of hope in the context of doing – that is the capacity to achieve goals.

Hope does not necessarily fade in the face of adversity; in fact hope often endures despite poverty, war and famine. While no one is exempt from experiencing challenging life events, hope fosters an orientation to life that allows a grounded and optimistic outlook even in the most challenging of circumstances.

In a culture obsessed with measuring talent and ability, we often overlook the important role of inspiration. Inspiration awakens us to new possibilities by allowing us to transcend our

ordinary experiences and limitations. Inspiration propels a person from apathy to possibility, and transforms the way we perceive our own capabilities. Inspiration may sometimes be overlooked because of its elusive nature. Its history of being treated as supernatural or divine hasn't helped the situation.

As Thrash and Elliot note, "The heights of human motivation spring from the beauty and goodness that precede us and awaken us to better possibilities." This moment of clarity is often vivid, and can take the form of a grand vision, or a "seeing" of something one has not seen before (but that was probably always there). Finally, inspiration involves approach motivation, in which the individual strives to transmit, express, or actualize a new idea or vision. According to Thrash and Elliot, inspiration involves both being inspired by something and acting on that inspiration. Inspiration is a motivational state that compels individuals to bring ideas to fruition.

The aim of the research was to assess the following hypotheses:

1. There is a significant Correlation between the students and working professionals regarding anxiety levels in this pandemic situation.
2. Hope is directly proportional to inspiration
3. Significant effect of Anxiety, hope and inspiration among adult population.

METHOD

Participants

An analytically quantitative study was conducted through online self reported questionnaire method among 50 participants of 18-26 years among students and working professionals.

Materials

Results

This research study has been conducted using different questionnaires via online self administering mode. The questionnaires used are:

1. State and Trait Anxiety Inventory for Adults: The State-Trait Anxiety Inventory (STAI) is a psychological inventory developed by psychologists Charles Spielberger, R.L. Gorsuch, and R.E. Lushene based on a 4-point Likert scale and consists of 40 questions on a self-report basis. The STAI measures two types of anxiety – state anxiety, or anxiety about an event, and trait anxiety, or anxiety level as a personal characteristic. Higher scores are positively correlated with higher levels of anxiety.
2. The Adult Trait hope scale: A 12-item measure of a respondent's level of hope. In particular the scale is divided into two subscales that comprise Snyder's cognitive model of hope: (1) Agency (i.e., goal-directed energy) and (2) Pathways (i.e., planning to accomplish goals). Of the 12 items, 4 make up the Agency subscale and 4 make up the Pathways subscale. The remaining 4 items are fillers. Each item is answered using an 8-point Likert-type scale ranging from Definitely False to Definitely True.
3. The Inspiration scale (IS): The IS is a brief, face-valid measure of inspiration, a motivational resource that consists of 4-item frequency and intensity subscales that may be combined into an overall inspiration scale.

Procedure

After formulating the hypothesis the data collection was done through online mode among the participants. Scoring was done by standardized norms of the following questionnaires. Then Correlation and descriptive statistics are used to analyze the data and the findings has been drawn.

State and Trait Anxiety Inventory	Mean	Total no. of Observations	Correlation results
State	48.88	50	0.9082683
Trait	48.44		

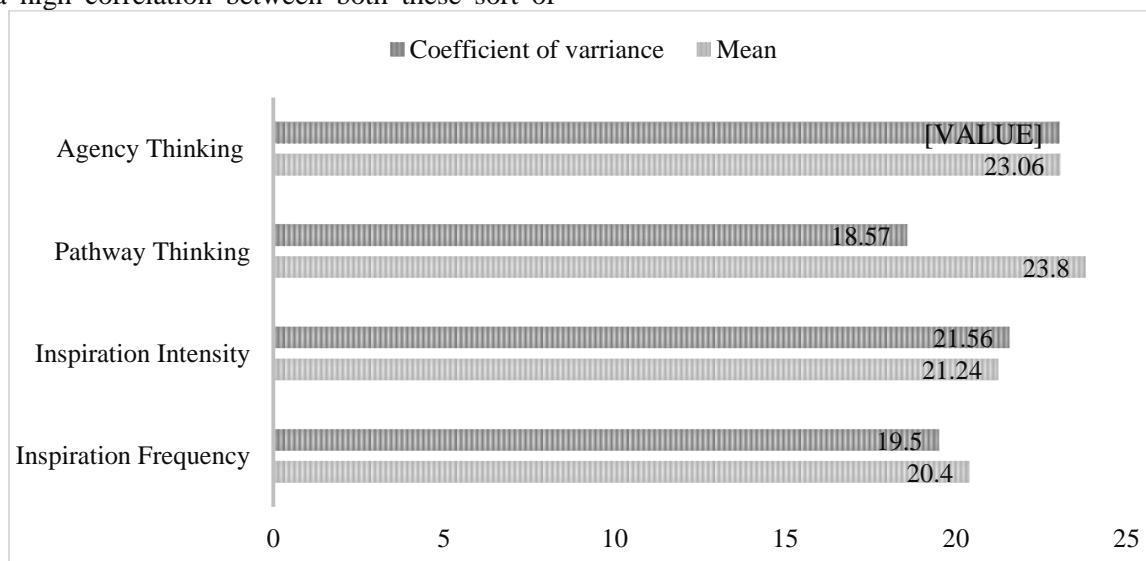
Table 1

Subscale	Mean	Sd	Coefficient of variation
The Inspiration scale			
Inspiration Frequency	20.4	3.98	19.50
Inspiration Intensity	21.24	4.58	21.56
The Adult trait hope scale			
Pathway thinking	23.8	4.42	18.57
Agency thinking	23.06	5.31	23.02

Table 2**Discussion**

It has been deduced from the present study that state anxiety or anxiety about an event (48.88) has greater average value than trait anxiety or anxiety as a personal characteristic (48.44). And also there is a high correlation between both these sort of

anxiety. According to the response given by the respondent, the adults follow pathway thinking (23.8) more dominantly than agency thinking (23.06) along with greater intensity for inspiration (21.24).



For checking the consistency between both these factors we found the Coefficient of Variation (CV) and it has been observed that in Adult trait hope scale, pathway thinking (18.57) has less CV value than agency thinking (23.02) whereas in inspiration scale, frequency of inspiration (19.50) has less CV value than the intensity of inspiration (21.56).

As per the results, it might be concluded that state anxiety is more dominant among the selected population than trait anxiety. This might be because the state anxiety reflects the psychological and physiological transient reactions which are directly related to adverse situations in a specific moment. Unlike trait anxiety which describes individual differences which are related to a tendency to present state anxiety. Also, pathway

thinking is more consistent and dominant among the selected population, along with a high frequency of inspiration. This can be justified by saying that due to the current lockdown situation, there is a huge decrease in productivity among the individuals. So, adults are more focused towards finding different alternative routes that may lead them to the achievement of their goals instead of feeling motivated towards achieving that goal.

Conclusion

The finding reveals that If the individual tries to manage their state anxiety through some measures then automatically it will help them in managing their trait anxiety due to the correlation between both the traits.

According to Spielberger et al., Trait anxiety correlates positively to state anxiety in situations of interpersonal threat but not in situations of physical threat. This also supports the recent finding about the two traits of anxiety as covid-19 is a situation of physical threat to the individuals and this study reveals a positive correlation between both the traits.

Different levels of hope can inspire individuals to have different motivation, strength and stamina to achieve their goals.

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