

Estrés percibido en los Estudiantes por la Pandemia por Covid-19 en el 2020

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RESUMEN

INTRODUCCION: La aparición del virus en la población de Wuhan, China a finales del año 2019 empezó un acontecimiento que ha dejado precedentes muy marcados en la historia, ya que este síndrome respiratorio agudo severo coronavirus 2 (SARS-CoV-2) que provoca ha afectado el sistema de salud a nivel mundial, así como ha cobrado la vida de muchas personas; tanto ha sido el impacto de este virus que fue declarado como pandemia por la Organización Mundial de la Salud (OMS), dando lugar a cambios en todas las esferas de la vida

OBJETIVO: Establecer el nivel de estrés percibido en los estudiantes universitarios generado por la pandemia por Covid-19 durante el año 2020.

METODOLOGÍA: Un estudio retrospectivo, transversal, analítico.

La población objetivo: estudiantes universitarios de la ciudad de Barranquilla, matriculados y activos durante ambos semestres del año 2020.

La muestra será a priori. Se espera tener un número mínimo de 150 estudiantes dividido en pregrado (70%) y postgrado (30%).

Criterio de Inclusión

- Estudiantes matriculados y activos.
- Mayores de edad al diligenciar la encuesta.

Criterio de Exclusión

- Estudiantes de carreras técnicas.

El instrumento utilizado es La Escala de Estrés Percibido (PSS). A los datos se les realizará medidas de tendencia central.

Para establecer el nivel de estrés percibido en la población con la escala EEP-14, se determinará el umbral mínimo de acuerdo con el instructivo de esta.

RESULTADOS: encuestados fueron 250 estudiantes; 205 estudiantes respondieron la totalidad. El promedio de la edad global de los estudiantes 21.9 ± 3.6 , no se encontró diferencia estadísticamente significativa entre el sexo.

El puntaje global de EEP-14 fue de 25.1 ± 7.3 pts, El 78.5% de los estudiantes tenían un nivel Moderado de EEP-14. Tanto para EEP-14 [Percepción] como [Afrontamiento] evidencio que no existe una diferencia estadísticamente significativa por tipo de estudiante.

CONCLUSIÓN: Los principales estudiantes afectados fueron los de bachillerato. Los de postgrados, han contado con medios tecnológicos, que permitió el acceso a las actividades online.

El nivel de EEP-14 fue moderado, mostrando que los estudiantes, sin importar el nivel académico son capaces de adaptarse ante la eventualidad.

Palabras clave: Pandemia, salud mental, estudiantes, estrés percibido.

ABSTRACT

Background:

The appearance of the virus in the population of Wuhan, China at the end of 2019 began an event that has left very marked precedents in history, since this severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) that causes has affected the health system worldwide, as well as the lives of many people; so much has been the impact of this virus that it was declared a pandemic by the World Health Organization (WHO), leading to changes in all spheres of life.

Objective: Establish the level of perceived stress in university students generated by the Covid-19 pandemic during 2020.

Materials and Methods: A retrospective, cross-sectional, analytical study. The target population: university students from the city of Barranquilla, enrolled and active during both semesters of the year 2020.

The sample will be a priori. It is expected to have a minimum number of 150 students divided into undergraduate (70%) and graduate (30%).

Inclusion Criteria

- Enrolled and active students.
- Of legal age when completing the survey.

Exclusion Criterion

- Students of technical careers.

The instrument used is the Perceived Stress Scale (PSS). The data will be measured with central tendency.

To establish the level of perceived stress in the population with the EEP-14 scale, the minimum threshold will be determined in accordance with the instructions of this scale.

Results: surveyed were 250 students; 205 students answered the entirety. The average global age of the students 21.9 ± 3.6 , no statistically significant difference was found between sex.

The overall EEP-14 score was 25.1 ± 7.3 pts. 78.5% of the students had a Moderate EEP-14 level. Both for EEP-14 [Perception] and [Coping] evidence that there is no statistically significant difference by type of student.

Conclusions: The main students affected were high school students. The postgraduate students have had technological means, which allowed access to online activities.

The EEP-14 level was moderate, showing that students, regardless of academic level, are capable of adapting to the eventuality.

KeyWords: Pandemic, mental health, students, perceived stress.

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