Relationship between Fear of COVID-19, Psychological Distress and Life Satisfaction Among College Students

Dissertation submitted in partial fulfilment of the requirements for the award of
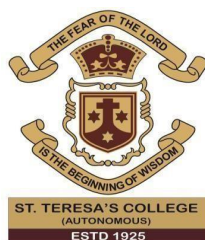
Master of Science in Psychology

By

Drisya . K

Register No: SM20PSY005

Under the guidance of

MS. Vishnupriya V

Assistant Professor

Department of Psychology

ST. TERESA'S COLLEGE (AUTONOMOUS), ERNAKULAM

Nationally Re-accredited at 'A++' level (4th cycle)

Affiliated to: Mahatma Gandhi University

MARCH 2022

CERTIFICATE

This is to certify that the dissertation entitled, "Relationship of spiritual intelligence and self determination among young adults", is a bonafide record submitted by Ms. Drisya. K, Reg.no. SM20PSY005, of St. Teresa's College, Ernakulam under my supervision and guidance and that it has not been submitted to any other university or institution for the award of any degree or diploma, fellowship, title or recognition before.

Date: 30/05/2022

Ms. Bindu John   Ms. Vishnupriya V

Head of the Department   Assistant Professor

Department of Psychology   Department of Psychology

St. Teresa's College, Ernakulam   St. Teresa's College, Ernakulam

External Examiner 1: …………………………………

External Examiner 2:…………………………………..

Internal Examiner: ………………………………….

DECLARATION

I, Drisya.K, do hereby declare that the work represented in the dissertation embodies the results of the original research work done by mein St. Teresa's College, Ernakulam under the supervision and guidance of Ms.Vishnupriya V, Assistant Professor, Department of Psychology, St. Teresa's College, Ernakulam, it has not been submittedby me to any other university or institution for the award of any degree, diploma, fellowship, title or recognition before.

Drisya . K

Place: Ernakulam

Date: 20/05/2022

ACKNOWLEDGEMENT

It is not possible to prepare a project report without the assistance and encouragement of other people. This one is certainly no exception. I would like to express my deep heartfelt gratitude to the Department of Psychology, St. Teresa's College, Ernakulam for providing me with the opportunity to undertake the research.

I acknowledge my indebtedness and deep sense of gratitude to my research guide, Ms.Vishnupriya V, Assistant Professor, Psychology, for encouraging and guiding me throughout all the phases of my research.

I extend my sincere thanks to my parents, teachers and my friends who all have supported me throughout the time. I am grateful to each and every one who has given me guidance, encouragement, suggestions and constructive criticisms which has contributed immensely for this project.

Above all, I thank God Almighty for blessing me in all the stages of the project and for helping me complete the project successfully.

Thanking you

Drisya . K

Table of Contents

List of Tables

Abstract

The objective of the study is to examine the relationship between fear of COVID19 on psychological distress and life satisfaction among college students. The study is conducted among 200 students from different colleges in Kerala through Google Form on the internet. The scales used in this study included the Fear of COVID-19 Scale developed by Ahorsu et al. (2020), Kessler Psychological Distress scale (K10) developed by Ronald C. Kessler(1992) and Satisfaction with life scale developed by Diener, Emmons, Larsen, and Griffin (1985). Data analysis will be done using SPSS. Correlational research design are used in this study. Spearman rank correlation and Mann Whitney U test is used to find the relation. The study revealed that fear of covid- 19 was strongly related to psychological distress and life satisfaction among college students. Also, life satisfaction was found to have a strong and negative association with psychological distress. Moreover, the findings of the study revealed that fear of covid-19 reduced life satisfaction and increased psychological distress. This study also reveals that there is a gender difference in Fear of Covid 19 and no gender difference in psychological distress and life satisfaction. This study enriching our understanding the serious impacts of covid-19 pandemic on youths' mental health .

Keywords : fear of Covid-19, psychological distress, life satisfaction

CHAPTER 1

INTRODUCTION

The novel coronavirus disease, popularly known as SARS-CoV-2 or Covid-19, was identified in Wuhan city of China at the end of 2019, which continues to rapidly spread at global scale. The World Health Organization (WHO) declared it as Public health Emergency of International Concern in January 2020, and then a 'pandemic' on 11 March 2020. This pandemic is not only resulting in deaths globally, but also posing serious threat on mental health such anxiety and fear, psychological distress, sleep disturbance, etc. Millions of people were forced by most governments around the world to impose lock-down, social and physical distancing, school closing to restrict face-to-face learning and teaching. Approximately 1.5 billion school-going and college students across the world are seriously influenced as a result of the closing down of schools and educational institutions. The global pandemic has sparked an attention among the scholarly community, the major topics of recent studies about covid- 19 have been interested in emergency care, treatment, economic preferences, socio-economic vulnerabilities, global environmental change, e-learning crack-up and so forth.

Student life is characterized as the intermediate stage between adolescence to adulthood. Mental health is one of the needed factors for general health. It is a state of an individual in which he is able to cope with life stressors, realizes his or her potential and work purposefully for his life and for society. Psychological distress is a major problem among College students worldwide. Mental health problems affect society as a whole but College students found to have high prevalence of psychological disorders as compare to the other population. Students have to face many stressors such as academic demands, workload, and pressure

to succeed, teacher and parent's pressure, financial burden and worry about future. It can lead to develop psychological problems in students and it can negatively affect their academic performance. Most common mental health problems in college students are depression, anxiety and stress.

Life Satisfaction is the central aspect of human welfare. It is ultimate goal and every human being strives to achieve this goal throughout the life. It may be possible that a person is satisfied with almost all domains of life but may not be still dissatisfied with particular domain which may negatively affect his/ her overall judgment about life satisfaction. Psychological distress is a unpleasant feelings or emotions that impact the level of functioning. It is psychological discomfort that interferes with daily living activities. All over the world studies indicated high rate of these psychological problems in students. Many studies concluded that Life satisfaction is negatively associated depression, anxiety and positively associated with health.

Fear is accompanied by anxiety when attempts to deal with a threat are not successful, these two unlikable states are often experienced together (APA, 2019). Many individuals are undergoing intensified fear and anxiety. Indeed, the outbreak of any infectious disease is correlated with fear, anxiety, psychological disorders and some other mental illness symptoms. The fear of covid-19 caused by infectious spread, school closures, social distancing as well as unexpected lockdown can lead to psychological distress and some other negative emotional issues among students. Some scholars argue that the development of mental health problems, such as psychological distress or depression can be derived from fear and anxiety of

covid-19 state that while others also emphasized that fear and anxiety is correlated with higher degrees of generalized anxiety and depression in adults.

Fear of Covid 19

Fear and panic about COVID-19 can lead to experiences of stigmatization and social exclusion of confirmed patients, survivors, their families, and others associated with the disease which can cause an increased risk of developing mental health problems like adjustment disorder and depression. Fear is a characteristic feature of infectious diseases compared to other conditions and is a concept directly related to the speed and environment of transmission as well as morbidity and mortality. . Asmundson and Taylor (2020) state that coronaphobia, which is determined as an emotional construct, based on fear and anxiety (APA, 2019; Ohman, 2000), the construct of fear and anxiety of covid-19 were expected to reflect negative psychological impacts and maladaptive because of the covid-19 crisis.

According to Evolutionary theory of fear, Seligman (1971) applied his preparedness hypothesis theory to explain why humans fear. He proposed that the fears of individuals who are diagnosed with phobias reflect the evolutionary prepared learning to fear events and situation that have provided survival threats. According to Fear conditioning, Pavlovian fear conditioning is a state of fear or anxiety that has been demonstrated in animals after repeated pairings of a threatening stimulus with a previously neutral stimulus using classical conditioning.

Psychological Distress

Psychological distress is an unpleasant emotional experience caused by a variety of factors, which can be manifested as tension, fear, anxiety, and psychological

instability. Certain distress even leads to serious psychological problems such as depression. Infectious diseases can be an important cause of psychological distress. Some studies have demonstrated an increase of mental health problems and psychological distress in people caused by the increasing risk of COVID-19. Fear of covid-19 was strongly related to psychological distress.

According to Medical Model, The medical model is a prevailing or dominant view of pathology in the world (Novello, 1999; Kaplan & Sadock, 1998). Psychological distress is some form of neurological defect responsible for the disordered thinking and behaviour and requires medical treatment and care (Carson, Butcher & Mineka, 1996). According to interpersonal theory, Interpersonal theories attribute psychological difficulties to dysfunctional patterns of interaction (Carson et al., 1996). Psychological distress is described as the maladaptive behaviour observed in relationships, which is caused by unsatisfactory relationships of the past or present. According to the cognitive model, negatively biased cognition is a core process in psychological distress (Barlow & Durand 1999).

Life Satisfaction

Life satisfaction is defined as the universal evaluation of people's quality of life according to their own criteria (Shin & Johnson, 1978). Life satisfaction is a concept related to how positively a person evaluates the overall quality of their life as a whole. While negative situations such as fear, anxiety, stress that the individual has experienced decrease life satisfaction, many situations such as the individual's positive life experiences, social support, good friendship relations and being psychologically strong are factors that increase life satisfaction (Diener, 2009). It has

been generally accepted that the fear of COVID-19, a condition seen in individuals recently, also negatively affects life satisfaction (Satici et al., 2020a; Rogowska, Kuśnierz, & Bokszczanin, 2020).

There are two main types of theories about life satisfaction: Bottom-up theories hold that we experience satisfaction in many domains of life, like work, relationships, family and friends, personal development, and health and fitness. Our satisfaction with our lives in these areas combines to create our overall life satisfaction. On the other hand, top-down theories state that our overall life satisfaction influences (or even determines) our life satisfaction in the many different domains. Overall life satisfaction and satisfaction in the multiple domains of life are closely related.(Heady, Veenhoven, & Wearing, 1991).

1.1: Need and Significance of the Study

In the current scenario, Covid 19 pandemic affect the mental health of students. The current pandemic affect the overall well-being of individuals. Individuals with increased satisfaction are less likely to generate a negative emotional response to the ongoing pandemic crisis. Online-classes are to be found as an alternative during this time. It also makes difficulties for students. Students face many challenges and difficulties including psychological problems. COVID-19 pandemic not only affect individuals' daily routine but also pose a significant negative impact on their mental and physical health. It is important to study the relationship between fear of Covid-19, Psychological distress and life satisfaction of students in this pandemic situation. Psychological distress is an important mental health   problem affecting the younger population. College students have high

prevalence of psychological disorders. Mental health of the student deserves our special attention because not only do college students have to deal with the academic demands and heavy workloads associated with pursuing a higher education but they also have to face personal, academic and social challenges in this critical and often transitional period of one's life. The objective of the present study is to determine the relationship between fear of Covid-19, psychological distress and life satisfaction among college students. It is hoped that this study will help for better understanding of the relationship between these variables and improvement of mental health among students.

CHAPTER II

REVIEW OF THE LITERATURE

Viren Swami,Tomas Chamorro-Premuzic, Dhachayani Sinniah, Thambu Maniam, Kumaraswami Kannan, Debbi Stanistreet, Adrian Furnham (2007) conducted study on "General health mediates the relationship between loneliness, life satisfaction and depression". The objective of the study is to examine the associations between life satisfaction, loneliness, general health and depression. Participants completed the 12-item General Health Questionnaire, Beck's Depression Inventory, the Revised UCLA Loneliness Scale and the Satisfaction With Life Scale. Findings revealed that the life satisfaction was negatively and significantly correlated with suicidal attitudes, loneliness and depression; and positively with health, which was negatively and significantly correlated with depression and loneliness.

Manfred E Beutel, Heide Glaesmer, Oliver Decker, Sabine Fischbeck, Elmar Brähler (2009) conducted study on "Life satisfaction, distress, and resiliency across the life span of women". This study aimed to determine (1) the relationship between life satisfaction, mental disorders, and aging in the female community and (2) to identify the impact of vulnerability factors, personal (resilience, self-esteem), and social resources on life satisfaction and distress. Data collected using Questions on Life Satisfaction, Patient Health Questionnaire, resilience scale, and Rosenberg Self-Esteem Scale. Result revealed life satisfaction was strongly associated with resilience, a good household income, the presence of a partnership, absence of anxiety and depression, lack of unemployment, positive self-esteem, religious affiliation, and-least-age.

Sevgi Guney, Temel Kalafat, Murat Boysan (2010) conducted study on "Dimensions of mental health: life satisfaction, anxiety and depression: a preventive mental health study in Ankara University students population". The main objective of this

study is to investigate the interrelation between life satisfaction, anxiety, depression, and hopelessness among Ankara University students. 364 university students completed a test battery including the Beck Depression Inventory, the Beck Anxiety Inventory, the Hopelessness Scale and the Satisfaction with Life Scale. The findings suggest that life satisfaction was negatively and significantly correlated with the scores from depression, anxiety and hopelessness scales.

Tone Rustoen, Bruce A Cooper, Christine Miaskowski (2010) conducted study on " The importance of hope as a mediator of psychological distress and life satisfaction in a community sample of cancer patients". The purposes of this study, in a community-based sample of cancer patients, were to evaluate the relationships between demographic and clinical characteristics, health status, hope, psychological distress, and life satisfaction and evaluate whether hope mediated the relationship between psychological distress and life satisfaction. Participants (n = 194) completed a demographic and clinical questionnaire, self-assessed health, the Herth Hope Index, Impact of Event Scale, and satisfaction with life scale. Results shows that higher psychological distress were significantly related to lower satisfaction with life. Hope was found to mediate the relationship between psychological distress and health status.

Tanja Besier, Anja Born, Gerhard Henrich, Andreas Hinz, Alexandra L Quittner, Lutz Goldbeck, TIDES Study Group (2011) conducted study on Anxiety, depression, and life satisfaction in parents caring for children with cystic fibrosis. The objective of the study is to assess the prevalence of symptoms of anxiety and depression and the extent of life satisfaction in parents caring for children with cystic fibrosis (CF) in Germany. Data collected through the Hospital Anxiety Depression Scale, the Center for Epidemiologic

Studies Depression Scale and the Questions on Life Satisfaction. Findings shows that more than one third of parents showed elevated levels of anxious symptoms and significantly more parents reported elevated levels of depressive symptoms compared to a community sample. Higher levels of anxious and depressive symptoms were associated with lower life satisfaction.

M Eskin, E Şavk, M Uslu, N Küçükaydoğan (2014) conducted study on "Social problem solving, perceived stress, negative life events, depression and life satisfaction in psoriasis". The purpose of this study was to investigate the social problem solving skills, perceived stress, negative life events, depression and life satisfaction in psoriasis patients. Data collected Social problem-solving inventory, Beck depression inventory, Perceived stress scale and Negative life events. Study revealed that samples displayed higher negative problem orientation and impulsive careless problem solving style scores than the controls and also to show more avoidant problem solving style and lower life satisfaction than controls.

Gunnvor Marum, Jocelyne Clench-Aas, Ragnhild B Nes, Ruth Kjærsti Raanaas (2014) conducted study on "The relationship between negative life events, psychological distress and life satisfaction: a population-based study." This study investigates associations between negative life events and both positive and negative indicators of mental health and explores the extent to which these associations are buffered by sense of mastery and perceived social support. Data collected through The Hopkins Symptom Check List , satisfaction with life scale and a 12-item list of threatening experiences. Finding revealed that all of the negative life events were significantly associated with both psychological distress and life satisfaction.

Yu Wang, Feng Kong (2014) conducted study on "The role of emotional intelligence in the impact of mindfulness on life satisfaction and mental distress". The present study tested the mediating role of emotional intelligence in the impact of mindfulness on life satisfaction and mental distress in a sample of Chinese adults and the widespread or limited mediators between the different groups in demographic factors. 321 participants completed the Mindful Attention Awareness Scale, the Wong Law Emotional Intelligence Scale, the Satisfaction with Life Scale, and the General Health Questionnaire. Results showed that emotional intelligence mediated partially the impact of mindfulness on life satisfaction and mental distress.

Elijah Mironga Getanda, Chris Papadopoulos, Hala Evans (2015) conducted study on "The mental health, quality of life and life satisfaction of internally displaced persons living in Nakuru County, Kenya". This study aimed to contribute to this body of knowledge by investigating the mental health, quality of life, and life satisfaction among IDPs living in Nakuru, Kenya. General Health Questionnaire-12, Satisfaction with Life Scale, and a modified version of the WHO Quality of Life-BREF tool was used for data collection. The findings revealed poor levels of mental health, quality of life and life satisfaction. Older, widowed IDPs and those who did not perceive support from friends or the government were found to be at the highest risk of poor health and wellbeing.

Unni K Moksnes, Audhild Løhre, Monica Lillefjell, Don G Byrne, Gørill Haugan (2016) conducted study on "The association between school stress, life satisfaction and depressive symptoms in adolescents: Life satisfaction as a potential mediator". The aim of the present study was to investigate the interrelationships between school-related stress, life satisfaction, and depressive symptoms, as well as the potential mediating role

of life satisfaction on the association between school-related stress and depressive symptoms. Adolescent Stress Questionnaire, Satisfaction with Life Scale and Reynolds Adolescent Depression Scale used in this study. The present study showed that stress of school performance was significantly and positively related to depressive symptoms and significantly and inversely related to life satisfaction.

Shafi M, H Kumar, A Shaheen, I Rasool (2016) conduct study on " Psychological Distress and Life Satisfaction among University Students". The objective of the present study is to determine the relationship between psychological distress and life satisfaction among university students. The depression Anxiety stress scale (DASS) and life satisfaction scale were administered. Results showed that there was significant correlation between Psychological distress and life satisfaction among university students.

Berna Guloglu (2017) conducted study on "Mediating role of psychiatric symptoms on the relationship between learned resourcefulness and life satisfaction among Turkish university students". The aim of the current study was to investigate the mediating role of psychiatric symptoms in the relationship between learned resourcefulness and life satisfaction of university students. Data were collected using Rosenbaum's Learned Resourcefulness Scale, Satisfaction with Life Scale, and Brief Symptom Inventory. The findings revealed that learned resourcefulness as a psychological strength influenced life satisfaction both directly and indirectly via the mediating effect of psychiatric symptoms.

Chung-Ying Lin, Anders Broström, Mark D Griffiths, Amir H Pakpour (2020) conducted study on" Investigating mediated effects of fear of COVID-19 and COVID-19 misunderstanding in the association between problematic social media use, psychological distress, and insomnia'. The Hospital Anxiety and Depression Scale, The Insomnia Severity Index, The Bergen Social Media Addiction Scale, The Fear of COVID-19 Scale are used in this test. This study concluded that the Problematic social media use was significantly associated with psychological distress both directly and indirectly.

Coumaravelou Saravanan, Ibrahim Mahmoud, Wiam Elshami, Mohamed H Taha (2020) conducted study on "Knowledge, anxiety, fear, and psychological distress about COVID-19 among university students in the United Arab Emirates". This study aims to assess the level of knowledge, anxiety, and psychological distress concerning COVID-19 and their association with fear, gender, age, history of mental illness, time spent reading about COVID-19, program of study, and type of dwelling among students in the United Arab Emirates. Demographic scale, COVID-19 knowledge, anxiety, fear, and psychological distress scales were used in this study. From this test, Students possess adequate knowledge concerning COVID-19; however, they are psychologically distressed.

Abira Reizer, Meni Koslowsky, Lilach Geffen (2020) conducted study on "Living in fear: The relationship between fear of COVID-19, distress, health, and marital satisfaction among Israeli women". The purpose of the present article is to examine the impact of this disturbing environment on Israeli women. Also examined whether fear of the virus would impact the women's distress symptoms, self-rated health (SRH), and marital satisfaction. Self-rating of health (SRH) measurement, Relationship Assessment

Scale, Fear of COVID-19 scale, The Kessler Psychological Distress Scale were used in this study. The results indicated that fear of COVID-19 was negatively associated with SRH as well as marital satisfaction, and positively associated with psychological distress.

Aleksandra M Rogowska, Cezary Kuśnierz, and Anna Bokszczanin (2020) conducted study on "Examining Anxiety, Life Satisfaction, General Health, Stress and Coping Styles During COVID-19 Pandemic in Polish Sample of University Students". The purpose of this study is to examine the association of anxiety with self-rated general health, satisfaction with life, stress and coping strategies of university students during the COVID-19 pandemic outbreak in Poland. Participants completed a standard psychological questionnaire, including General Anxiety Disorder (GAD-7), General Self-Rated Health (GSRH), Satisfaction With Life Scale (SWLS), Perceived Stress Scale (PSS), and Coping Inventory for Stressful Situations (CISS). The study indicates that the majority of students showed mild to severe GAD and a high level of perceived stress.

Daichi Sugawara, Akihiro Masuyama, Takahiro Kubo (2020) conducted study on "Socioeconomic Impacts of the COVID-19 Lockdown on the Mental Health and Life Satisfaction of the Japanese Population". This study investigated the associations among the socioeconomic changes driven by the pandemic, mental health, life satisfaction (past, present, and future), and fear of COVID-19 in Japan. The Fear of COVID-19 Scale; Depression, Anxiety, Stress Scale; and present, past, and future life satisfaction scale. The result showed that fear of COVID-19 mediated the effects of reduced time for going outside on illness, and a direct effect of reduced income on well-being.

Ilona Bidzan-Bluma, Monika Bidzan, Paweł Jurek, Leszek Bidzan, Jessica Knietzsch, Marcus Stueck, Mariola Bidzan (2020) conducted study on " A Polish and

German population study of quality of life, well-being, and life satisfaction in older adults during the COVID-19 pandemic". A total of 494 adults completed self-report questionnaires include Semantic differential scale, Trait Anxiety Scale, Risk Tolerance scale are used in this study. According to results, older people rated their quality of life, life satisfaction, and well-being during pandemic higher than young people, and experienced lower levels of trait anxiety and Coronavirus threat than the younger age groups.

Cong Doanh Duong (2021) conducted study on "The impact of fear and anxiety of Covid-19 on life satisfaction: Psychological distress and sleep disturbance as mediators". This study is about the impacts of covid-19 pandemic on mental health problems among youth population. This study not only explores the influences of fear and anxiety of covid-19 on life satisfaction, but it also examines the mediating roles of psychological distress and sleep disturbance in this linkage. Scales used in this study are fear and anxiety of covid-19 scale, Kessler Psychological Distress scale and Satisfaction with life scale. The findings of the study revealed that fear and anxiety of covid-19 reduced life satisfaction and increased sleep disturbance via psychological distress.

Sumeyye Ozmen, Okan Ozkan, Ozlem Ozer, Melek Zubaroglu Yanardag(2021) conducted study on " Investigation of COVID-19 fear, well-being and life satisfaction in Turkish society". This study aims to examine the relationship between the fear of COVID-19, well-being, and life satisfaction perceptions of people aged 18 and over living in Turkey. The fear of COVID-19 Scale, World Health Organization Well-Being Index and The life satisfaction scale was used in this study. The results obtained from the

study showed that COVID-19 fear status and life satisfaction levels of the participants were moderate while the well-being levels were low.

Magdalena Gawrych, Ewelina Cichoń, Andrzej Kiejna (2021) conducted study on "COVID-19 pandemic fear, life satisfaction and mental health at the initial stage of the pandemic in the largest cities in Poland". The study investigated whether the level of life satisfaction and general mental health was associated with COVID-19 worries at the initial stage of the COVID-19 pandemic in Poland. Scales used in this study were General Health Questionnaire-30; level of well-being – happiness and life satisfaction; worries about COVID-19. The results shows that there was a significant medium decrease in the level of happiness and life satisfaction during the COVID-19 epidemic and it will also affect the mental health of the people.

Leodoro J Labrague, Janet Alexis A de Los Santos (2021) conducted study on "Fear of Covid- 19, psychological distress, work satisfaction and turnover intention among frontline nurses". The aim of the study is to examine the relative influence of fear of COVID 19 on nurses' psychological distress, work satisfaction and intent to leave their organisation and the profession. Scales used for data collection are Fear of Covid 19 scale, Job stress scale, The Job Satisfaction Index, Professional turnover intention and Organisational turnover intention. Results revealed that an increased level of fear of COVID 19 was associated with decreased job satisfaction, increased psychological distress and increased organisational and professional turnover intentions.

Selim Gundogan (2021) conducted study on " The mediator role of the fear of COVID-19 in the relationship between psychological resilience and life satisfaction". The

mediator role of the fear of COVID-19 in the relationship between psychological resilience and life satisfaction was examined in this study. The data were collected using the psychological resilience, the fear of COVID-19 and life satisfaction scales. As a result of the analysis, it was concluded that psychological resilience is a negative predictor of the fear of COVID-19 and a positive predictor of life satisfaction, and that the fear of COVID-19 is a negative predictor of life satisfaction.

Mabel Oti-Boadi, Esther Malm, Nutifafa Eugene Yaw Dey, Stephen Oppong (2021) conducted study on "Fear of COVID-19: Psychological distress and coping among university students in Ghana". This study examined the relationship between fear of COVID-19, psychological distress and coping strategies adopted by undergraduate students in Ghana. The Fear of COVID-19 Scale, Depression, Anxiety, and Stress Scales, The Brief Coping Inventory are used in this test. According to results, Fear of COVID-19 was positively related to psychological distress. Both adaptive coping and maladaptive coping strategies had a mediating effect on fear of COVID-19 and psychological distress.

Jayne M Hartstone, Oleg N Medvedev (2021) conducted study on "The Role of Mindfulness and Life Satisfaction in Psychological Distress During the COVID-19 Lockdown in New Zealand: a Quasi-experimental Study". The goal of this study was to investigate psychological distress during the lockdown in New Zealand. Five Facet Mindfulness Questionnaire, The Satisfaction With Life Scale, The Depression, Anxiety and Stress Scales are the scales used in this study. Findings revealed that the baseline group experienced significantly less anxiety and stress during lockdown compared to just prior to the lockdown. Individuals who have higher levels of mindfulness and those with

greater life satisfaction experience significantly less depression, anxiety, and stress over time during COVID-19.

Joanna Dymecka, Rafał Gerymski and Anna Machnik-Czerwik (2021) conducted study on "Fear of COVID-19 as a buffer in the relationship between perceived stress and life satisfaction in the Polish population at the beginning of the global pandemic". The aim of the study was to determine the relationship between fear of COVID-19, perceived stress, and life satisfaction during the coronavirus pandemic. The Perceived Stress Scale, the Fear of COVID-19 Scale and the Satisfaction with Life Scale were used in the study. Findings of this study is that the Fear of COVID-19 and perceived stress were positively correlated with each other and both negatively related to life satisfaction.

Maria Di Blasi, Salvatore Gullo, Elisa Mancinelli, Maria Francesca Freda, Giovanna Esposito, Omar Carlo Gioacchino Gelo, Gloria Lagetto, Cecilia Giordano, Claudia Mazzeschi, Chiara Pazzagli, Silvia Salcuni, Gianluca Lo Coco (2021) conducted study on "Psychological distress associated with the COVID-19 lockdown: A two-wave network analysis". Depression, stress, anxiety scale and fear of Covid 19 scale were used in this study. Results shows that depressive symptoms had the highest strength and their associations to other dimensions of individual distress may be key factors in understanding the influence of exposure to the COVID-19 outbreak on mental health

Utku Isik, Neslisah Aktas Ustun, Pelin Tastan, Umit Dogan Ustun (2021) conduct study on "Fear of Covid-19: Associations with Trait Anxiety and Life Satisfaction". Present study aimed to analyze perceived fear of COVID-19 among Turkish people and investigate its associations with trait anxiety and life satisfaction. The Fear of COVID-19 scale, Trait Anxiety Scale, and Satisfaction with Life Scale were used

for data collection. Result shows that a negative correlation between fear of COVID-19 and life satisfaction and a positive correlation with anxiety.

Adem Peker, Serkan Cengiz (2021) conduct study on "Covid-19 fear, happiness and stress in adults: the mediating role of psychological resilience and coping with stress". The aim of this study is to examine the mediating role of coping with stress and psychological resilience in the relationship between happiness and perceived stress of COVID-19 fear in Turkish adults. The data of the research was collected through the COVID-19 Fear Scale, Depression-Happiness Scale Short Form, Perceived Stress Scale and Psychological Resilience Scale Short Form. The results shows that fear of COVID-19 negatively predicts happiness and positively predicts perceived stress. According to the results, psychological resilience and coping with perceived stress mediate the relationship between fear of COVID-19 and happiness and stress.

Leodoro J.Labrague(2021) conduct study on "Resilience as a mediator in the relationship between stress-associated with the Covid-19 pandemic, life satisfaction, and psychological well-being in student nurses: A cross-sectional study". This study examined the effects of stress associated with the pandemic on student nurses' life satisfaction and psychological well-being through the intermediary role of resilience. Result revealed that the Filipino student nurses experienced stress associated with the pandemic at a high level; and, their resilience, life satisfaction and psychological well-being were found to be moderate to high.

CHAPTER III

METHODOLOGY

3.1 Aim

To find out the relationship between fear of Covid 19, psychological distress and life satisfaction among college students.

3.2 Statement problem

- The problem of the investigation was focused on whether there is a relationship between fear of Covid 19, psychological distress and life satisfaction among college students.

- Second problem was focused on to find out whether there is a significant difference in fear of Covid 19, psychological distress and life satisfaction between males and females among college students.

3.3 Objectives

- To study the relationship between fear of Covid 19 and psychological distress among college students.

- To study the relationship between fear of Covid 19 and life satisfaction among college students.

- To study the relationship between psychological distress and life satisfaction among college students.

- To study the significant differences in Fear of Covid 19 between males and females among college students.

- To study the significant differences in psychological distress between males and females among college students.

● To study the significant differences in life satisfaction between males and females among college students.

3.4 Hypotheses

1. There is a significant relationship between fear of Covid-19 and psychological distress among college students.

2. There is a significant relationship between fear of Covid-19 and life satisfaction among college students.

3. There is a significant relationship between psychological distress and life satisfaction among college students.

4. There is a significant difference in Fear of Covid 19 between males and females among college students.

5. There is a significant difference in psychological distress between males and females among college students.

6. There is a significant difference in life satisfaction between males and females among college students.

3.5 Operational definition

Fear - a basic, intense emotion aroused by the detection of imminent threat, involving an immediate alarm reaction that mobilizes the organism by triggering a set of physiological changes. (APA)

Psychological distress - Psychological distress is the unpleasant subjective state of depression and anxiety (being tense, restless, worried, irritable and afraid), which has both emotional and physiological manifestation. (Mirowsky and Ross ,1989).

Life satisfaction - Life satisfaction refers to an individual's personal judgement of wellbeing and quality of life based on his or her own chosen criteria (Diener, 1984).

3.6 Research design

The correlational research design is used in this study to find out the relationship between fear of covid 19, psychological distress and life satisfaction among college students.

3.7 Sample

The sample of present study consisted of 200 college students in Kerala. The age range of samples is between 18-25.

3.7.1 Population

Population of this study is college students.

3.7.2 Sampling design

In this study, non probability sampling technique is used. Snowball sampling is a non probability sampling technique which is used in this study. The participants were selected through snowball sampling.

Inclusion criteria

The study is conducted on college students from different colleges in Kerala.

Exclusion criteria

Some factors that influence the study variables are not examined in this study.

3.8 Tools used for data collection

Demographic information form - Demographic information form included participant's name, age, gender..

The fear of COVID-19 scale - It was developed by Ahorsu et al. (2020) to measure the state of fear and anxiety caused by COVID-19 in people and it is a Likert type scale consisted of 7 items and a single factor. Each item on the scale is scored between 1 and 5 points (1 = Strongly Disagree, 5 = Strongly Agree) While the lowest score to be taken from the scale is 7 and the highest score is 35. Low scores taken from the scale indicate low fear of COVID-19, while higher scores indicate high fear of COVID-19. The Cronbach's α value of the scale was found to be .87. More specifically, reliability values such as internal consistency (α = .82) and test–retest reliability (ICC = .72) were acceptable. Concurrent validity was supported by the Hospital Anxiety and Depression Scale (with depression, r = 0.425 and anxiety, r = 0.511) and the Perceived Vulnerability to Disease Scale (with perceived infectability, r = 0.483 and germ aversion, r = 0.459). The Fear of COVID-19 Scale, a seven-item scale, has robust psychometric properties. It is reliable and valid in assessing fear of COVID-19 among the general population and will also be useful in allaying COVID-19 fears among individuals.

The Kessler Psychological   Distress Scale (K10) - It is developed by Prof Ronald C. Kessler(1992) and It is a   simple measure of psychological distress. The K10 scale involves 10 questions about emotional states each with a five-level response scale. The measure can be used as a brief screen to identify levels of distress. Each item is scored from one 'none of the time' to five 'all of the time'. Scores of the 10 items are then summed, yielding a minimum score of 10 and a maximum score of 50. Scores range from 10 to 50 with the current study using the ABS (2012b) cut-offs of 10–15 =normal, 16–21=moderate, 22–29=high and 30–50=very high. Low scores indicate low levels of psychological

distress and high scores indicate high levels of psychological distress. K10 has a good internal consistency (α=.91) and strong inter-item correlation (ranges from .350 to .659).

Satisfaction with Life Scale (SWLS) - Life satisfaction was operationalized with the Satisfaction With Life Scale (Diener, Emmons, Larsen, & Griffin, 1985). Participants indicated their level of agreement with 5 items that examined their cognitive appraisal of life and general well-being. The five items were rated on a 7-point scale (7 = strongly agree, 6 = agree, 5 = slightly agree, 4 = neither agree nor disagree, 3 = slightly disagree, 2 = disagree, 1 = strongly disagree). Higher scores in the form of strongly agree indicate higher experience of life satisfaction and lower scores in the form of strongly disagree indicate lower experience of life satisfaction. The possible range of scores is 5-35, with a score of 20 representing a neutral point on the scale. Scores between 5-9 indicate the respondent is extremely dissatisfied with life, whereas scores between 31-35 indicate the respondent is extremely satisfied. The coefficient alpha for the scale has ranged from .79 to .89, indicating that the scale has high internal consistency. The scale was also found to have good test-retest correlations (.84, .80 over a month interval).

3.9 Procedure

Participants were recruited from different colleges and class levels. The participants were given information about the study. The participants were asked to fill a demographic sheet. The questionnaires were distributed among the participants through Google forms. Participants completed the questionnaires online.

The students were asked to complete Fear of Covid 19 scale, Kessler Psychological Distress scale and Satisfaction with Life Scale. The participants were given time to complete the questionnaire. The participants were informed clearly that they were voluntary to participate in fulfilling the survey, their responses would have been confidential and secure, the data only used for academic purposes.

3.10 Data analysis

The scored data was entered into master sheet and further entered to computer and subjected to analyse through SPSS software to ensure appropriateness. To test the significance of the variables under study, Spearman rank correlation was used. To find the gender difference of the study, Mann Whitney U test is used.

CHAPTER IV

RESULT AND DISCUSSION

Objective 1

For the purpose of finding out the relationship between fear of Covid 19 and psychological distress among college students, Spearman rank correlation method was done.

Table 1 : Spearman rank correlation between fear of Covid 19 and psychological distress among college students

VARIABLE	N	R
Fear of Covid 19		
	200	.634**
Psychological distress		

**. Correlation is significant at the 0.01 level (2-tailed)

Table 1 shows the spearman rank correlation between fear of Covid 19 and psychological distress among college students. The correlation value was found to be .634, which is significant at 0.01 level. It indicates that there is a strong positive correlation between fear of Covid 19 and psychological distress among college students. The first hypothesis tested in this study was there is a significant relationship between Fear of Covid 19 and Psychological Distress among college students. This result shows that fear of Covid 19 is positively correlated with Psychological Distress. In this regard, it was found that psychological distress is a positive predictor of the fear of COVID-19. Thus, this hypothesis was accepted. These results were consistent with findings of many previous studies. For instance, Mabel Oti-

Boadi, Esther Malm, Nutifafa Eugene Yaw Dey, Stephen Oppong (2021) conducted study on "Fear of COVID-19: Psychological distress and coping among university students in Ghana". According to this study, Fear of COVID-19 was positively related to psychological distress.

Objective 2

For the purpose of finding out the relationship between fear of Covid 19 and life satisfaction among college students, Spearman rank correlation method was done.

Table 2 : Spearman rank correlation between fear of Covid 19 and life satisfaction.

VARIABLE	N	R
Fear of Covid 19		
	200	-.308**
Life Satisfaction		

**. Correlation is significant at the 0.01 level (2-tailed)

Table 2 shows the spearman rank correlation between fear of Covid 19 and life satisfaction among college students. The correlation value was found to be -.308, which is significant at 0.01 level. It indicates that there is a strong negative correlation between fear of Covid 19 and life satisfaction among college students. The second hypothesis tested in this study was there is a significant relationship between Fear of Covid 19 and life satisfaction among college students. This result shows that fear of Covid 19 is negatively correlated with life Satisfaction. In this regard, it was found that fear of Covid 19 is a negative predictor of life Satisfaction. As a result, the hypothesis was accepted. Thus, it can be said that students having higher levels of fear of Covid 19

have low life satisfaction. This finding is also contrary to many prior studies. For instance, Cong Doanh Duong (2021) conducted study on "The impact of fear and anxiety of Covid-19 on life satisfaction: Psychological distress and sleep disturbance as mediators". The findings of the study revealed that fear and anxiety of covid-19 reduced life satisfaction.

Objective 3

For the purpose of finding out the relationship between psychological distress and life satisfaction among college students, Spearman rank correlation method was done.

Table 3 : Spearman rank correlation between psychological distress and life satisfaction.

Variable	N	R
Psychological distress		
	200	-.589**
Life satisfaction		

**. Correlation is significant at the 0.01 level (2-tailed)

Table 3 shows the spearman rank correlation between fear of Covid 19 and life satisfaction among college students. The correlation value was found to be -.589, which is significant at 0.01 level. It indicates that there is a strong negative correlation between psychological distress and life satisfaction among college students The third hypothesis tested in this study was there is a significant relationship between Psychological distress and life satisfaction among college students. This result shows that Psychological Distress is negatively correlated with life Satisfaction. In this regard, it

was found that the Psychological distress is a negative predictor of life satisfaction. As a result, this hypothesis was supported. Thus, it can be argued that the psychological distress has a negative effect on students life satisfaction. This finding is also contrary to many prior studies. For instance, Shafi M, H Kumar, A Shaheen, I Rasool (2016) conduct study on " Psychological Distress and Life Satisfaction among University Students". Results showed that there was significant correlation between Psychological distress and life satisfaction among university students.

Objective 4

For the purpose of finding out the significant difference in fear of Covid 19 between male and female among college students, Mann Whitney U test was done.

Table 4 : Mann Whitney U test comparing Fear of Covid 19 among males and females.

	Gender	N	Mean rank	Asymp. sig(2 tailed)
Fear of Covid 19	Male	78	89.11	
				.033
	Female	122	106.87	

Table 4 shows the result of Mann Whitney U test which says that there is a significant difference in fear of Covid 19 between males and females among college students. The fourth hypothesis tested in this study was there is a significant difference in fear of Covid 19 between males and females among college students. Results shows that

there is a significant difference in fear of Covid 19 between males and females among college students. Thus, we accept hypothesis. According to the results, female have more fear of Covid 19 than male. For instance Zeynep Karataş, Kıvanç Uzun and Özlem Tagaythe conducted study on Relationships Between the Life Satisfaction, Meaning in Life, Hope and COVID-19 Fear for Turkish Adults During the COVID-19 Outbreak According to the findings, coronavirus pandemic causes more psychological effects in females than males.(Wang D. et al., 2020).

Objective 5

For the purpose of finding out the significant difference in psychological distress between male and female among college students, Mann Whitney U test was done.

Table 5 : Mann Whitney U test comparing psychological distress among males and females

	Gender	N	Mean rank	Asymp.sig(2 tailed)
Psychological distress	Male	78	93.81	.228
	Female	122	103.91	

Table 5 shows the result of Mann Whitney U test which says that there is no significant difference in fear of Covid 19 between males and females among college students. Thus, we reject hypothesis. The fifth hypothesis tested in this study was there is

a significant difference in psychological distress between males and females among college students. Results shows that there is a no significant difference in psychological distress between males and females among college students. According to results, Psychological distress affect equally in males and females. This finding is consistent with the Psychometric Validation of the Persian Version of the COVID-19-Related Psychological Distress Scale and Association with COVID-19 Fear, COVID-19 Anxiety, Optimism, and Lack of Resilience (Nabi Nazari, Angelina Olegovna Zekiy&Mark D. Griffiths) indicates that there is no gender difference.

Objective 6

For the purpose of finding out the significant difference in life satisfaction between male and female among college students, Mann Whitney U test was done.

Table 6 : Mann Whitney U test comparing life satisfaction among males and females

	Gender	N	Mean rank	Asymp.sig(2 tailed)
Life Satisfaction	Male	78	103.82	.457
	Female	122	97.59	

Table 5 shows the result of Mann Whitney U test which says that there is a significant difference in life satisfaction between males and females among college students. Thus, we reject hypothesis. The sixth hypothesis tested in this study was there is a significant difference in life satisfaction between males and females among college

students. Results shows that there is a no significant difference in life satisfaction between males and females among college students. According to the results, life satisfaction in males and females is equal. Finding supports other studies. For instance Zeynep Karataş, Kıvanç Uzun and Özlem Tagaythe conducted study on Relationships Between the Life Satisfaction, Meaning in Life, Hope and COVID-19 Fear for Turkish Adults During the COVID-19 Outbreak, which indicates that equality of male and female life satisfaction responses held across the life satisfaction response scale, so that life satisfaction equally for both men and women.

Recently, COVID-19, which has seriously affected the world, has caused many health, economic and social problems as well as serious psychological problems. In this study, the relationship between fear of COVID-19, psychological distress and life satisfaction in college students was investigated. The hypothesis tested in the study suggest that there is a relationship between fear of COVID-19, psychological distress and life satisfaction among college students. Findings reveals when fear of COVID 19 increases, psychological distress increases and life satisfaction decreases and also when psychological distress increases, life satisfaction decreases and vice versa. So there is a relationship between fear of COVID19, psychological distress among college students.

CHAPTER V

CONCLUSIONS

The present study was an attempt to find out the relationship between fear of Covid 19, psychological distress and life satisfaction among college students. The findings of the study indicates that there is a strong positive correlation between fear of Covid 19 and psychological distress among college students, there is a strong negative correlation between fear of Covid 19 and life satisfaction among college students and strong negative correlation between psychological distress and life satisfaction among college students. That is, when fear of Covid 19 increases Psychological Distress also increases. And when fear of Covid 19 increases, life Satisfaction decreases and vice versa. When Psychological distress increases, life satisfaction decreases and vice versa. It is highly recommended that intervention programs should be devised to train students from time to time so as to decrease their fear, increase their life satisfaction and decrease their psychological distress levels. These findings are consistent with previous researches where psychological distress found to be negatively associated with life satisfaction in college students and negative life events such as fear of Covid 19 increased the risk of distress. Psychological distress is more common in young population, with more mental disorder occurring between age 18 to 25 as compare to older adults.

5.1 Findings

- Fear of COVID 19 was strongly related to psychological distress.

- Psychological distress was negatively associated with life satisfaction.

- Fear COVID-19 reduced life satisfaction.

- There is gender difference in Fear of COVID19 between males and females

- There is no gender difference in psychological distress and life satisfaction between males and females.

5.2 Limitations

- This study not consider other factors that related with the variables.

- Data collected from not a specific college.

- Due to the pandemic situation, data is collected through online Google form.

5.3 Suggestions for future research

Different sampling method can be administered. further studies can carry out other sampling methods, such as probability y or random sampling to increase the confidence of the research. Further studies should expand the conceptual model to discover other factors that influence covid-19 pandemic

References

Besier,T.,Born.A.,Henrich.G.,Hinz.A.,Alexandra L., Quittner., Goldbeck.L., & The TIDES Study Group.(2011). Pediatric Pulmonology,46(7),672-682. https://doi.org/10.1002/ppul.21423

Beutel,M.E.,Glaesmer,H.,Decker, Oliver.,Fischbeck,S.,& Brähler,E (2009). Life satisfaction, distress, and resiliency across the life span of women. Menopause, 16(6), 1132-1138. doi: 10.1097/gme.0b013e3181a857f8

Bidzan-Bluma, I., Bidzan, M., Jurek, P., Bidzan, L., Knietzsch, J., Stueck, M.,& Bidzan,M.(2020). A Polish and German population study of quality of life, well being, and life satisfaction in older adults during the COVID-19 pandemic. Frontiers in psychiatry, 11, doi: 10.3389/fpsyt.2020.585813

Blasi, M.D., Gullo, S., Mancinelli, E., Freda, M.F., Esposito, G., Gioacchino Gelo, O.C., Lagetto,G., Giordano, C., Mazzeschi, C., Pazzagli, C., Salcuni, S.,& Coco, G.L.(2021). Psychological distress associated with the COVID-19 lockdown: A two-wave network analysis. Journal of Affective Disorders, 284, 18-26, https://doi.org/10.1016/j.jad.2021.02.016.

Cong, D. (2021).The impact of fear and anxiety of Covid-19 on life satisfaction: Psychological distress and sleep disturbance as mediators. Personality and Individual Differences, 178(3) , Doi: 10.1016/j.paid.2021.110869

Dymecka, J., Gerymski, R., & Machnik-Czerwik, A. (2021). Fear of COVID-19 as a buffer in the relationship between perceived stress and life satisfaction in the

Polish population at the beginning of the global pandemic. Health Psychology Report,9(2),149–159.

https://czasopisma.bg.ug.edu.pl/index.php/HPR/article/view/5755

Eskin, M., Savk, E.,Uslu, M., & Küçükaydoğan, N.(2014). Social problem-solving, perceived stress, negative life events, depression and life satisfaction in psoriasis. Journal of the   European Academy of Dermatology and Venereology, 28(11),1553-1559 https://doi.org/10.1111/jdv.12355

Gawrych, M., Cichoń, E., & Kiejna, A. (2021). COVID-19 pandemic fear, life satisfaction and mental health at the initial stage of the pandemic in the largest cities in Poland. Psychology, Health & Medicine, 26(1), 107-113,

 DOI: 10.1080/13548506.2020.1861314

Getanda, E.M., Papadopoulos, C. & Evans, H. The mental health, quality of life and life satisfaction of internally displaced persons living in Nakuru County, Kenya. BMC Public   Health 15, 755 (2015). https://doi.org/10.1186/s12889-015-2085-7

Gundogan, S. (2021). The mediator role of the fear of COVID-19 in the relationship between psychological resilience and life satisfaction. Current Psychology. https://doi.org/10.1007/s12144-021-01525-w

Guney. S., Kalafat.T & Boysan.M. (2010). Dimensions of mental health: life satisfaction, anxiety and depression: a preventive mental health study in Ankara University students population. Procedia - Social and Behavioral Sciences, 2(2), 1210-1213. https://doi.org/10.1016/j.sbspro.2010.03.174

Guloglu,B.(2017) Mediating role of psychiatric symptoms on the relationship between learned resourcefulness and life satisfaction among Turkish university students,

Australian Journal of Psychology, 69:2, 95-105. https://doi.org/10.1111/ajpy.12122

Hartstone, J.M., & Medvedev, O.N. (2021).The Role of Mindfulness and Life Satisfaction in Psychological Distress During the COVID-19 Lockdown in New Zealand: a Quasi experimental study. Mindfulness, 12,2693–2706. https://doi.org/10.1007/s12671-021-01731-4

Isik, U., Ustun, N.A., Tastan, P., & Ustun, U.D.(2021). Fear of Covid-19: Associations with Trait Anxiety and Life Satisfaction. Pakistan Journal of Medical and Health Sciences, 15(6) DOI: https://doi.org/10.53350/pjmhs211561658

Karataş, Z., & Tagay, O., (2021). The relationships between resilience of the adults affected by the covid pandemic in Turkey and Covid-19 fear, meaning in life, life satisfaction, intolerance of uncertainty and hope. Personality and Individual Differences, 172, doi: 10.1016/j.paid.2020.110592

Khattak, S.A., Saeed, I., & Rehman, S.U., & Fayaz, M. (2021). Impact of Fear of COVID-19 Pandemic on the Mental Health of Nurses in Pakistan. Journal of Loss and Trauma, 26(5), 421-435, DOI: 10.1080/15325024.2020.1814580

Kumar H, Shaheen A, Rasool I, shafi M (2016) Psychological Distress and Life Satisfaction among University Students. J Psychol Clin Psychiatry, 5(3), 00283. DOI: 10.15406/jpcpy.2016.05.00283

Labrague, L.J.(2021).Resilience as a mediator in the relationship between stress-associated with the Covid-19 pandemic, life satisfaction, and psychological well-being in student nurses: A cross-sectional study. Nurse Education in Practice, 56, 1471-5953, https://doi.org/10.1016/j.nepr.2021.103182.

Labrague,L.J., & Alexis,J.A. (2021). Fear of Covid- 19, psychological distress, work satisfaction and turnover intention among frontline nurses. Journal of nursing management, 29 (3), 395-403, https://doi.org/10.1111/jonm.13168

Marum, G., Clench-Aas, J., Nes, R.B. et al. (2014).The relationship between negative life events,   psychological distress and life satisfaction: a population-based study. Qual Life Res 23,   601–611 . https://doi.org/10.1007/s11136-013-0512-8

Moksnes, U.K., Løhre, A., Lillefjell, M. et al. The Association Between School Stress, Life Satisfaction and Depressive Symptoms in Adolescents: Life Satisfaction as a Potential   Mediator. Soc Indic Res 125, 339–357 (2016). https://doi.org/10.1007/s11205-014-0842-0

Özmen, S., Özkan, O., Özer, O., & Yanardağ,M.Z. (2021). Investigation of COVID-19 Fear, Well-Being and Life Satisfaction in Turkish Society. Social Work in Public Health, 36(2), 164-177, DOI: 10.1080/19371918.2021.1877589

Peker, A., & Cengiz, S. (2021). Covid-19 fear, happiness and stress in adults: the mediating role of psychological resilience and coping with stress. International Journal   of   Psychiatry   in   Clinical   Practice,1-9,   DOI: 10.1080/13651501.2021.1937656

Ramakrishnan, J.L., Garside, R.B., Labella, M.H. et al. Parent Socialization of Positive and Negative Emotions: Implications for Emotional Functioning, Life Satisfaction, and Distress. J Child Fam Stud 28, 3455–3466 (2019). https://doi.org/10.1007/s10826-019-01528-z

Reizer, A., Koslowsky, M., & Geffen, L. (2020). Living in fear: The relationship between fear of COVID-19, distress, health, and marital satisfaction among Israeli women. Health Care for Women International, 41(11-12), 1273-1293, DOI: 10.1080/07399332.2020.1829626

Rogowska, A.M., Kuśnierz, C., & Bokszczanin. A. (2020). Examining anxiety, life satisfaction, general health, stress and coping styles during COVID-19 pandemic in Polish sample of university students. Psychology Research and Behavior Management, 13, 797, doi: 10.2147/PRBM.S266511

Sugawara, D, Masuyama, A., & Kubo, T. (2020). Socioeconomic Impacts of the COVID-19 Lockdown on the Mental Health and Life Satisfaction of the Japanese Population. https://doi.org/10.31234/osf.io/sndpm

Swami, V Chamorro-Premuzic, T, Sinniah, D. et al. (2007). General health mediates the relationship between loneliness, life satisfaction and depression. Soc Psychiat Epidemiol 42, 161–166, https://doi.org/10.1007/s00127-006-0140-5

Tone, R., Cooper, B. A., & Miaskowski, C. (2010). The Importance of Hope as a Mediator of Psychological Distress and Life Satisfaction in a Community Sample of Cancer Patients.Cancer Nursing: 33(4), 258-267, doi: 10.1097/NCC.0b013e3181d6fb61

Wang, Y., Kong, F. (2014). The Role of Emotional Intelligence in the Impact of Mindfulness on Life Satisfaction and Mental Distress. Soc Indic Res 116, 843–852 . https://doi.org/10.1007/s11205-013-0327-6

Appendices

DEMOGRAPHIC   DETAILS

Name   -

Age   -

Gender   - male / female / other

FEAR OF COVID-19 SCALE

Please respond to each item by ticking (√) one of the five (5) responses that reflects how you feel,think or act toward COVID-19.

Fear of COVID-19 Items	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am most afraid of Corona					
It makes me uncomfortable to think about Corona					
My hands become clammy when I think about Corona					
I am afraid of losing my life because of Corona					
When I watch news and stories about Corona on social media, I become nervous or anxious.					
I cannot sleep because I'm worrying about getting Corona.					
My heart races or palpitates when I think about getting Corona.					

KESSLER PSYCHOLOGICAL DISTRESS SCALE (K10)

Please tick the answer that is correct for you:		All of the time (score 5)	Most of the time (score 4)	Some of the time (score 3)	A little of the time (score 2)	None of the time (score 1)
1	In the past 4 weeks, about how often did you feel tired out for no good reason?					
2	In the past 4 weeks, about how often did you feel nervous?					
3	In the past 4 weeks, about how often did you feel so nervous that nothing could calm you down?					
4	In the past 4 weeks, about how often did you feel hopeless?					
5	In the past 4 weeks, about how often did you feel restless or fidgety?					
6	In the past 4 weeks, about how often did you feel so restless you could not sit still?					
7	In the past 4 weeks, about how often did you feel depressed?					
8	In the past 4 weeks, about how often did you feel that everything was an effort?					
9	In the past 4 weeks, about how often did you feel so sad that nothing could cheer you up?					
10	In the past 4 weeks, about how often did you feel worthless?					

THE SATISFACTION WITH LIFE SCALE

By Ed Diener, Ph.D.

DIRECTIONS: Below are five statements with which you may agree or disagree. Using the 1-7 scale below, indicate your agreement with each item by placing the appropriate number in the line preceding that item. Please be open and honest in your responding.

1 = Strongly Disagree

2 = Disagree

3 = Slightly Disagree

4 = Neither Agree or Disagree

5 = Slightly Agree

6 = Agree

7 = Strongly Agree

_____1. In most ways my life is close to my ideal.

_____2. The conditions of my life are excellent.

_____3. I am satisfied with life.

_____4. So far I have gotten the important things I want in life.

_____5. If I could live my life over, I would change almost nothing.