



E-ISSN: 2663-2268
P-ISSN: 2663-225X
www.surgicalnursingjournal.com
IJARMSN 2025; 7(1): 103-106
Received: 02-02-2025
Accepted: 07-03-2025

Shivappa Betageri
M.Sc. Nursing Scholer,
Department of Medical
Surgical Nursing, KAHER
Institute of Nursing Sciences,
Belagavi, Karnataka, India

Dr. Manjunath Sogalad
Associate Professor,
Department of Mental Health
Nursing, KAHER Institute of
Nursing Sciences, Belagavi,
Karnataka, India

Corresponding Author:
Shivappa Betageri
M.Sc. Nursing Scholer,
Department of Medical
Surgical Nursing, KAHER
Institute of Nursing Sciences,
Belagavi, Karnataka, India

International Journal of Advance Research in Medical Surgical Nursing

A study to assess the anxiety associated with the adaptation to the online learning process among teachers at selected high schools in Belagavi, Karnataka

Shivappa Betageri and Manjunath Sogalad

DOI: <https://www.doi.org/10.33545/surgicalnursing.2025.v7.i1b.227>

Abstract

The COVID-19 pandemic has led to a significant shift to online learning, causing anxiety among high school educators. A study in Belagavi, Karnataka, assessed anxiety and coping strategies during nursing education phases. The majority of teachers, aged 30-45, were from urban areas and used mobile media. The study found no significant association between anxiety scores and demographic variables, with age being the only significant factor. The mixed-methods approach highlights the need for improved digital literacy and technological resources in the digital learning environment.

Keywords: Anxiety, adaptation, learning process, selected high schools

Introduction

The COVID-19 pandemic has led to a significant shift to online learning, presenting unique challenges for teachers. Anxiety is a common psychological response, affecting teachers' ability to engage with students and implement online teaching methods. In high schools in Belagavi, Karnataka, understanding the anxiety experienced by teachers is crucial for improving the quality of education. Teachers face the dual challenge of mastering new technological tools while maintaining regular teaching responsibilities. Factors such as lack of digital literacy, inadequate technical support, and pressure to deliver content effectively contribute to their anxiety.

Problem Statement

A study to assess the anxiety associated with the adaptation to the online learning process among teachers at selected high schools in Belagavi, Karnataka

Objectives

- To assess the anxiety.
- To find out the association between level of anxiety with selected demographic variables.

Hypothesis

- **H₁:** There will be a significant association between selected demographic variable with anxiety of high school teachers at 0.05 level of significance.

Assumption

- There will be different level of anxiety among high school teachers.

Delimitations

- Sample size is limited to 60 samples selected by using non probability sampling technique (convenient sampling technique)
- Study is limited to selected high schools in Belagavi.
- Study period is limited to 4 to 6 weeks.

Research Methodology

This study uses a survey research approach and a non-experimental descriptive design to assess anxiety levels among teachers in selected high schools in Belagavi. The independent variables are anxiety levels and dependent variables are patients using e-learning. A non-random sampling technique was used to select 60 teachers who meet the sampling criteria.

Developmental of tool

After an extensive literature review the tool was prepared. The investigators standardized five-point stress inventory consists of 10 items. The interview method was used to collect the data from sample. The following steps carried out in preparation of tool.

The tool has two sections namely section A section B

Section A: Demographical data.

Selection B: Beck Anxiety Inventory.

Results

Organization of the findings

The analysis of the data is organized and presented under the following headings:

Section: I Demographic variables of the high school teachers.

Section: II Analysis and interpretation of beck anxiety inventory of the teachers.

section III: Association between level of stress and selected demographic variables

Section 1: Findings related to the socio-demographic variables

Table 1: frequency and percentage distribution of responds according to the demographic variable

Demographic Characteristics	No of Respondents	% of Respondents
Age (in year)		
30-45	57	95%
46-60	03	5%
Above 60	00	0%
Gender		
Male	17	28%
Female	43	72%
Religion		
Hindu	45	75%
Muslim	13	22%
Christian	02	3%
Source of media		
Mobile	53	89%
Laptop	06	10%
Tab	01	1%
Type of app used		
Google meet	28	47%
Goto meeting	10	17%
Zoom	11	18%
Teach mint	11	18%
Income (per month)		
Less than 15000	33	55%
15001-30000	26	44%
Above 30000	01	1%
Place of Residence		
Rural	23	38%
Urban	37	62%

The table shows that the majority of teachers (95%) are between 30-45 years old, 72% female, and 28% male. They belong to Hindu, Muslim, or Christian religions. Most teachers use mobile media, with 47% using Google Meet, 18% using Zoom, and 17% using Goo Meeting. The majority of teachers (55%) are from urban areas and 38% from rural areas.

Section II: Analysis and interpretation of the beck anxiety inventory (bai) of the teachers

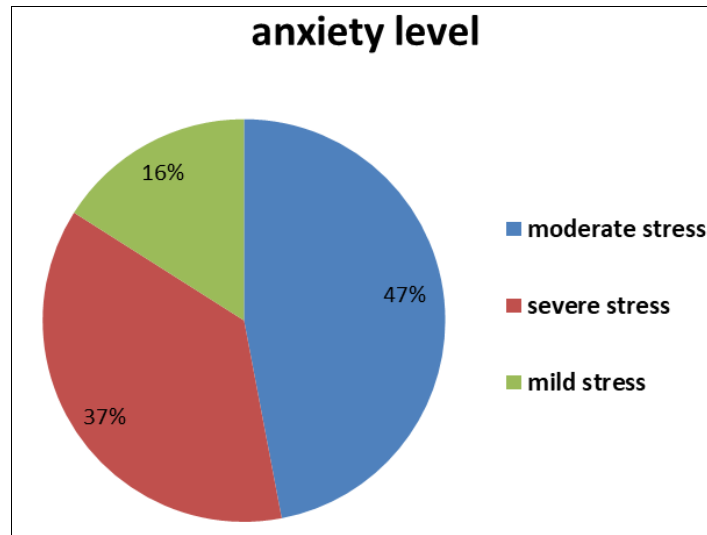
Table 2: Mean, Median, Mode, Standard Deviation and range of BAI score of the teachers n=60

Table 2 reveals that the mean of Beck anxiety inventory of the teachers who are adapting e-learning was mean: 23.01, median: 19.5 and mode: 15. Standard deviation was 12.543.

Table 2: Frequency and percentage distribution of the BAI scale of the teachers n=60

Perceived stress score	Frequency (f)	Percentage (%)
No stress	00	00
Mild stress	28	47%
Moderate stress	22	37%
Severe stress	10	16%

Table 2 represent that majority 28(47%) of the teachers having mild anxiety while, 22 (37%) had moderate anxiety and minority of teachers 10(16%) had severe anxiety.



Graph 1: Anxiety level

Section III: Association between level of stress and selected demographic variables

Table 3: Association between stress score and the selected socio-demographic variable n=60

Socio-demographical variables	Perceived stress scale			Chi-square	Table Value	Df	Level of significance
	Mild stress	Moderate stress	Severe stress				
Age groups							
30-45 years	10	41	06	7.873	3.841	01	NS
46-60years	00	01	02				
Above 60	00	00	00				
Gender							
Male	01	13	03	2.126	5.991	02	NS
Female	09	29	05				
Religion							
Hindu	06	33	06	3.07	9.48	04	NS
Christian	00	02	00				
Muslim	04	07	02				
Source of media							
Mobile	08	37	08	1.480	9.48	04	NS
Laptop	02	04	00				
Tab	00	01	00				
Type of app used							
Google meet	04	22	02	7.724	12.592	06	NS
Goto meeting	00	10	00				
Zoom	04	07	00				
Teach mint	03	07	01				
Income							
Less than 15000	06	23	04	6.05	9.48	04	NS
15001-30000	05	17	04				
Above 30	00	01	00				
Place of residence							
Rural	04	14	05	3.319	3.841	01	NS
Urban	06	28	03				

The above table depicts the results of association between level of stress scores and selected demographic variables. The calculated value of demographic variables like gender, religion, source of media, type of app used, income and place of residence are less than table value at 0.05 level of significance, hence stating that there is no statistical significance with above demographical variable.

Discussion

The study found that the majority of teachers (95%) are between 30-45 years old, 72% female, and 28% male. They belong to Hindu, Muslim, or Christian religions. The majority use mobile media, with 47% using Google Meet, 18% using Zoom, and 17% using Goo Meeting. The

majority of teachers (55%) are from urban areas, while 38% are from rural areas. Findings related to the level of anxiety Anxiety score of teachers who are using e-learning was mean: 23.01, median: 19.5, mode: 15 and 12.54: standard deviation.

Conclusion

The study found no statistically significant association between Anxiety scores and demographic variables like gender, religion, education, family type, place of residence, and marital status, with age being the only significant factor at 0.05 level.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

Betageri S, Sogalad M A study to assess the anxiety associated with the adaptation to the online learning process among teachers at selected high schools in Belagavi, Karnataka. *International Journal of Advance Research in Medical Surgical Nursing.* 2025;7(1):103-106.

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