IAF SPACE EDUCATION AND OUTREACH SYMPOSIUM (E1)
Space Culture – Public Engagement in Space through Culture (9)

Author: Ms. Sarah Cader
Osmania University College of Science, India, sarah.cader11@gmail.com

Ms. Kirthiga Nagaraj
India, kirthiga.nagaraj99@gmail.com
Ms. Suhailah Javid
India, suhailah99@gmail.com
Ms. Neha Jasbir Babbar
University of Pune, India, neha.babbar08@gmail.com

A QUANTITATIVE STUDY OF MENTAL HEALTH OF GRADUATE & UNDERGRADUATE STUDENTS IN STEM FOCUSING ON SPACE SCIENCES AND ENGINEERING DURING THE COVID-19 PANDEMIC

Abstract

Graduate and undergraduate students experience extreme stress, anxiety and imposter syndrome during their tenure and struggle to cope with the demands of academia. The strain and pressure have only intensified during the covid-19 pandemic. Excessive stress increases the risk of mental health concerns, such as anxiety and depression, which influences academic performance. This paper highlights the importance of mental health via quantitative analysis of graduate and undergraduate students from various STEM majors, focusing on space sciences and engineering and emphasizes the need to prioritize mental health. The study uses quantitative methods such as online surveys and general health questionnaires filled out by students from diverse academic backgrounds and analyses the results. The data is analyzed through SPSS software, and the interpretation is derived, and the results are presented. The study primarily calls attention to the increase of mental health concerns in stressful academic environments and the impact of the Covid-19 pandemic. The paper addresses the current systems in place for mental health and the feedback mechanism to explore mental health awareness programmes, stress management classes and therapy in addition to their major. The results of this research highlight the importance of mental health classes for students. The centre of interest of this study is to present the impact of a global pandemic on space sector graduate and undergraduate students (Aeronautics, Astronautics, Aerospace engineering, Astronomy, Astrophysics, Cosmology).