Level of Depression, Anxiety and Stress in Adolescents Due to the Effect of the Pandemic COVID-19 in the I.E. Victor Manuel Maurtua Parcona, ICA-2020

Jimenez Rojas, Maria (School: Victor Manuel Maurtua)

The objective of this work is to know the level of depression, anxiety and stress that students of the Victor Manuel Maurtua High School have as an effect of the COVID 19 pandemic that conditioned the free transit, the work of their parents, access to technology and internet. Depression, anxiety and stress are problems that can lead to irreparable attitudes such as an attempt against one's own integrity, which is why prevention is necessary. According to Garcia (2013) the treatment of depression and stress is considered a good preventive practice to control the emotional stability of human beings. These disorders affect the hippocampus of the brain and functions related to memory; according to Solis (2009) hippocampal alterations are memory disorders and affect the acquisition of new knowledge. The information was collected with the DASS-21 test adapted by Vinet (2008), a standardized instrument for the level of depression, anxiety and stress, applied to a sample of 116 students, obtaining a moderate level, which means that students are under high pressure due to the effect of the pandemic, so local and regional authorities should address this problem with qualified personnel for the emotional stability of students.

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