

The Relationship Between COVID-19 Related Stress and Fatigue

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The Coronavirus pandemic that started in 2019 has affected the world in a variety of ways. In March of 2020, colleges and universities switched to remote learning to keep everyone safe and protected from the pandemic. The levels of uncertainty as well as stressors from the pandemic itself had caused an increasing amount of stress. Stress can affect students in a variety of ways including having impacts on physical well-being. To my knowledge, little to no studies have focused on how pandemic related stress impacts college student's physical well-being. For this project, I investigated the relationship between Covid-19 related stress and fatigue. California State University Stanislaus's students' stress levels were assessed using the COVID-19 Student Stress Questionnaire. The Multidimensional Fatigue Inventory (MFI), was used to assess five different dimensions of fatigue. These results were used to determine the correlation between stress and fatigue of students during the pandemic. It was found that there was no significant correlation between stress and fatigue due to the COVID-19 pandemic. When comparing the stress levels of women and men, on average women had higher levels of stress. When comparing the fatigue levels of women and men, on average women had higher levels of fatigue. It was also found that students that had difficulty with technology during the pandemic had higher levels of