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Correlation of type of Personality and Perceived Stress during COVID-19 Lockdown Period among Students of a Medical College in Tamil Nadu – A Cross Sectional Study

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ABSTRACT

Background: On March 11 2020, WHO declared “the novel coronavirus” outbreak as a global pandemic affecting millions of lives. Past observations during previous pandemics showed a substantial negative impact on mental health especially students. Evaluation of personality and other traits can be useful in understanding the psychodynamics during such challenging times. **Objective:** To correlate the type of personality and the amount of perceived stress during COVID-19 lockdown period among medical students. **Methods:** A cross-sectional study was conducted among medical undergraduate students in a private Medical College in Tamil Nadu between July to December 2020. A total of 400 MBBS (Bachelor of Medicine and Bachelor of Surgery) students from 1st year to final year were involved in the study. Perceived Stress Scale was used to correlate the type of personalities among medical students. **Conclusion:** With the COVID-19 outbreak, medical students were shown to have higher levels of stress, anxiety, and depression than other courses. Despite the present situation, mental health of majority of the medical student were shown to be well within the moderate stress level, showing their optimum stress handling abilities and this study also highlights the significance of stress management among medical students.

Key word: COVID - 19, Medical students, Perceived stress scale, Personality test, Tamil Nadu.

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