

Coronaphobia Experience: The Impact of the Coronavirus Outbreak on International Students

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Abstract

Novel Corona Virus Disease (COVID-19) has brought tremendous disruptions to global higher education for millions of international students around the world. School closing as one major social distancing policy was taken widely by the government in every country to control the virus's spread. The virus outbreak is imposing a threat to international students both on physical and psychological well-being. This study aims to assess international students' anxiety, depression, frustration, and stress level during the outbreak. An online questionnaire was used to evaluate participants' stress scale in six aspects based on the COVID Stress Scales, namely (1) worried about danger, (2) socio-economic consequences, (3) psycho-social consequences, (4) contamination, (5) traumatic anxiety, and (6) compulsive checking. Also, this study used regression analysis to determine whether this COVID Stress Scales affects students' academic engagement and academic performance. Current responses show that COVID-19 indeed causes the majority of international students to have Coronaphobia experiences. The outbreak brings psychological consequences on students to a great extent, which requires attention from academic institutions and government authorities to assist international students in coping with this situation. Our results provide practical implications to international students on dealing with stress and educators on identifying students who need help and how to mitigate students' stress during this crisis.