



## Research Article

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## Investigation of Patience Tendencies in High School and University Students during the Coronavirus Outbreak Process

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**Abstract:** The aim of this study is to investigate the patience tendencies of high school and university students during the coronavirus outbreak. The patience tendency scale filled out by 210 female and 178 male students who have high school and university education was included in the study. T-test, one-way analysis of variance and LSD tests were used in statistical processes. A statistically significant difference was found in interpersonal patience, long-term patience, short-term patience and total patience scores according to gender ( $p < 0.05$  and  $p < 0.001$ ). Patience tendency did not change according to being a high school and university student ( $p > 0.05$ ). A significant difference was found in patience tendencies score according to individual and team sports or not doing sports ( $p < 0.05$ ). It was found that their patience status did not change significantly according to the hours of watching TV and following the developments related to the Corona virus on the internet during the day ( $p > 0.05$ ). In the last week, a statistically significant difference was found in terms of patience according to the status of being subject to news and information about the Corona virus on social media ( $p < 0.001$ ). **Conclusion:** It was concluded that patience tendencies of high school and university students vary according to gender, sports status, exposure to coronavirus news on social media, but do not change according to education levels. Students dealing with individual and team sports should be supported in their patience tendencies.

**Keywords:** Coronavirus outbreak, patience, high school, University, Student.

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## INTRODUCTION AND PURPOSE

Patience, Pain, poverty, injustice, etc. It is the virtue of waiting for them to pass without making a sound in the face of sad situations (Turkish Language Association Dictionary, 2021). It is called patience to endure troubles and troubles, and to continue to worship Allah and to avoid rebellion 'or patience. Patience: the capacity to tolerate or consent to pain, problems, or delay without getting angry or angry (Cebecioğlu, 1997). Patience is defined as keeping calm in the face of disappointment, distress and pain (Lexico, 2021). Conversely, a person who displays an anxious attitude is also described as impatient (Schnitker, 2012). There are cases where the word patience is used instead of values such as tolerance, anger control, perseverance (Bülbül & Aslan, 2017; & Avcıoğlu & Okutan, 2018). The tendency to patience gives direction to the behavior of individuals in the against of people and events (Çeliköz & Gül, 2018). The tendency to patience gives direction to the behavior of individuals in the against of people and events. The feeling of patience expresses the emotional side of patience and is seen as an introvert state. Patience behavior is more of an extrovert and a reaction to negative events (Doğan & Gülmez, 2014). Patience can be talked about when a tendency is continuous and turns into a strength of character (Doğan, 2017; & Ermiş & İmamoğlu, 2020). In daily use, patience takes place as the capacity to accept or tolerate trouble or delay, without getting angry or upset (Music, 2013). Patience is not an congenital notion; it is an afterthought (Schnitker, 2012).

In many countries, schools and universities, cinemas, museums, restaurants were closed on different dates, public meetings and events were cancelled, quarantined, travel restrictions, entry and exit to cities and flights to countries with high levels of contamination were canceled. (Hamouche, 2020). Individuals may experience negative emotions when they encounter situations such as an upsetting situation, an event that depresses their morale, being postponed or being held on hold in their lives. By being patient, people can actually reduce the effects of their problems by overcoming many potential conflicts or problems. Problems and annoying situations have negative effects on health and psychological well-being. (Kıral, 2019). The corona virus process can lead people to negative psychological situations. People can fall into hopelessness. Many problems such as social desirability, self-esteem, physical health and self-confidence can arise, especially depression. (Yamak & İmamoğlu, 2019; & İmamoğlu & Doğan, 2020). Explains the cognitive evaluation of patience and life contentment with the high level of hope in which hope mediates between patience and life contentment. Accordingly, it can be said that patient people who have higher hope will have higher life contentment. (Doğan, 2017). In the coronavirus process, people's hope levels may decrease. An epidemic has negative effects on people (MacIntyre, 2020; & Shigemura *et al.*, 2020). These negative effects are thought to change due to various reasons on students' patience tendencies.

In this study, it was aimed to investigate the patience tendencies of high school and university students during the coronavirus outbreak. For this purpose, the following questions were sought:

- What are the patience levels of high school and university students?
- Do their patience levels differ by gender?
- How are patience levels according to the situation of exercising?
- How are the patience levels according to the hours of watching TV during the day and following the developments related to Coronavirus on the internet during the epidemic process?
- How are patience levels according to the status of being subject to news and information about Corona virus on social media in the last week?

## METHOD

Participants: The patience tendency scale filled out by 210 female and 178 male students from high school and university education was included in the study. The questionnaires were filled out on a voluntary basis.

### DATA COLLECTION TOOLS

#### Patience Scale

## RESULTS

The measuring tool has a three-factor form. Articles 1, 4, 7, 9 and 11 of the scale are named as "Interpersonal Patience" and the first sub-dimension measures patience based on human relationships. The second sub-dimension consisting of the 2nd, 5th, and 8th articles of the scale is named as "Patience to Life's Difficulties / Long-Term Patience" and measures patience against long-lasting difficulties in life. The third sub-dimension formed by the 3rd, 6th and 10th articles of the scale is called "Short-Term Patience / Daily Troubles" and measures patience against daily difficulties encountered in life. Scale expressions range from "Strongly Disagree" to "Strongly Agree" and are in five-point Likert type. 9 of the scale expressions were prepared as positive and 2 as negative (Articles 7 and 10). Negative items are reverse coded. The highest score of the scale is 55 and the lowest score is 11. (Doğan & Gülmez, 2014).

### Statistical processes

SPSS 23,00 package program was used for statistical processes. The Kolmogorov-Smirnov test was conducted to test whether the data were normally distributed, and it was found that the data showed a normal distribution. T-test, one-way analysis of variance and LSD tests were used in statistical processes.

**Table 1:** Average Age, Height and Body Weight of Participants by Gender

	Gender	N	Average	St. deviation	t- test
Age (year)	Female	210	23,49	6,91	-1,02
	Male	178	24,12	4,90	
Height (cm)	Female	210	165,74	14,79	-8,88**
	Male	178	176,19	5,69	
Weight (kg)	Female	210	58,97	12,20	-11,57**
	Male	178	73,25	12,01	

\*\* p<0,001

**Table 2:** Comparison of Patience Tendencies during the Epidemic Process, By Gender

Parameters	Gender	n	Average	St. Deviation	t-test
Interpersonal patience	Female	210	14,40	4,95	-7,20**
	Male	178	17,98	4,77	
Long-term patience	Female	210	9,01	1,52	-5,30**
	Male	178	9,76	1,20	
Short-term patience	Female	210	8,62	1,91	-2,18*
	Male	178	8,99	1,32	
Patience total score	Female	210	26,05	3,98	-4,18**
	Male	178	27,58	3,09	

\*p<0,05 and \*\*p<0,001

**Table 3:** Comparison of Patience Tendencies According to Education Level

Parameters	Education Level	n	Average	St. Deviation	t-test
Interpersonal patience	High school	160	16,60	5,35	1,79
	University	228	15,65	4,97	
Long-term patience	High school	160	9,35	1,43	-0,04
	University	228	9,36	1,44	
Short-term patience	High school	160	8,66	1,81	-1,30
	University	228	8,88	1,58	
Patience total score	High school	160	26,40	4,15	-1,60
	University	228	27,00	3,31	

**Table 4:** Comparison of Patience Tendencies According to the State of Doing Sports

		n	Average	St.Deviation	F/LSD
Interpersonal patience	Individual sport (1)	112	15,82	5,50	6,96**
	Team Sport (2)	125	14,89	5,97	
	None- sport (3)	151	17,17	3,87	
	Total	388	16,04	5,18	
Long-term patience	Individual sport (1)	112	9,06	1,49	6,16*
	Team Sport (2)	125	9,25	1,51	
	None- sport (3)	151	9,66	1,27	
	Total	388	9,35	1,43	
Short-term patience	Individual sport (1)	112	8,46	1,86	3,31*
	Team Sport (2)	125	8,83	1,65	
	None- sport (3)	151	8,99	1,52	
	Total	388	8,79	1,68	
Patience total score	Individual sport (1)	112	25,79	3,81	6,37*
	Team Sport (2)	125	26,86	3,83	
	None- sport (3)	151	27,39	3,30	
	Total	388	26,76	3,68	

\*p<0,05 and \*\*p<0,001

**Table 5:** Comparison of Patience by Watching TV During the Day and Following Developments Related to Corona Virus on the Internet During the Epidemic Process

		N	Average	St.deviation	F
Interpersonal patience	0-2 hour (1)	323	16,26	5,15	2,13
	3-4 hour (2)	50	14,64	4,89	
	5 hours and over (3)	15	16,00	6,31	
Long-term patience	0-2 hour (1)	323	9,29	1,43	2,37
	3-4 hour (2)	50	9,56	1,43	
	5 hours and over (3)	15	10,00	1,31	
Short-term patience	0-2 hour (1)	323	8,81	1,71	0,30
	3-4 hour (2)	50	8,62	1,43	
	5 hours and over (3)	15	8,80	1,78	
Patience total score	0-2 hour (1)	323	26,82	3,76	0,73
	3-4 hour (2)	50	26,20	2,99	
	5 hours and over (3)	15	27,20	3,95	

**Table 6:** Comparison of Patience According to the News and Information about the Corona Virus on Social Media In the Last Week

		N	Average	St.deviation	F/LSD
Interpersonal patience	Never+Once in a while (1)	22	11,36	4,38	7,60**
	Sometimes (2)	38	15,16	5,23	1<2,3,4
	Usually (3)	151	16,24	5,50	
	Often (4)	177	16,65	4,67	
Long-term patience	Never+Once in a while (1)	22	7,73	1,16	11,32**
	Sometimes (2)	38	9,55	0,86	1<2,3,4
	Usually (3)	151	9,32	1,41	
	Often (4)	177	9,54	1,46	
Short-term patience	Never+Once in a while (1)	22	7,55	1,06	6,12**
	Sometimes (2)	38	8,32	1,30	1<3,4
	Usually (3)	151	8,98	1,60	2<3
	Often (4)	177	8,88	1,79	
Patience total score	Never+Once in a while (1)	22	23,09	2,81	9,84**
	Sometimes (2)	38	25,87	2,60	1<2,3,4
	Usually (3)	151	27,28	3,15	2<3
	Often (4)	177	26,95	4,10	

\*\*p&lt;0,001

## DISCUSSION AND CONCLUSION

The average age of the participants in the study is 24.12 years for men and 23.79 years for women. Their height is 176.19 cm for males and 165.74 cm for females. Their body weight was 73.25 kg in men and 58.97 kg in women. While ages are similar according to gender ( $p > 0.05$ ), there is a statistically significant difference between height and body weight ( $p < 0.001$ ).

Çeliköz & Gül (2018) found in their study that there was a significant difference in patience disposition scores of university students in all sub-dimensions according to gender. Ceylan *et al.* (2019) found no difference in the patience tendency of boxers according to gender in their study. Ermiş & İmamoğlu (2019) found a significant difference in interpersonal patience, long-term patience, short-term patience subscale, and total patience scores in different faculty students according to gender. İmamoğlu & Doğan (2020) found a statistically significant difference between university students' patience tendencies according to gender. There are studies where the gender variable does not affect patience or there are studies in which female students are more patient than male students. (Eliüşük, 2014; & Bettinger & Slonim, 2007). In this study, a statistically significant difference was found in interpersonal patience, long-term patience, short-term patience and total patience scores by gender. ( $p < 0,05$  and  $p < 0,001$ ). Gender variable affected patience disposition levels. The fact that male students' scores are higher than female students can be attributed to their being more cautious in their relationships with their friends, more tolerant in their daily activities and more determined-steadfast behavior in their long-term activities. It is stated that patients with patience have a more positive attitude than others in the face of the problems they experience and cope with problems more easily. At the same time, patient people have more positive

perspectives, lower negative perspectives and anxiety levels than others. Patient people are more likely to cooperate than impatient individuals. Patience is a psychological process as individuals have a tendency to voluntarily endure, resist, confront and wait for the result in the face of all kinds of difficulties, threats and losses. (Doğan & Gülmez, 2014; & Curry *et al.*, 2008).

Doğan (2017) stated in his study that the psychological well-being level of the group with high patience level was higher than the group with low patience level.

The highest score of the patience scale is 55 and the lowest score is 11 (Doğan & Gülmez, 2014). In this study, patience disposition total score was determined as 26.05 for women and 27.58 for men. It was found that the highest score for women was 47.36% ( $26.05 * 100/55$ ) and the score of men was 50.15% ( $27.58 * 100/55$ ). Students' patience tendencies can be regarded as moderate. Doğan & İmamoğlu (2020) stated in their study that the epidemic process reduced students' tendency to patience.

University students are expected to have higher patience tendencies than high school students. Because, it is stated that the characteristics that do not correspond to patience such as rushing, inability to endure and getting angry are at a high level in young children (Forzano & Logue, 1995). Again, there are studies indicating that the students' tendency towards patience increases as their class and age increase (Bettinger & Slonim 2007; Khormaei *et al.*, 2017; & Çeliköz & Gül, 2018). Considering the age and life experiences of university students, they are expected to be more mature and understanding than high school students. In this study, patience tendency did not change according to being a high school or university student ( $p > 0.05$ ). This study result is in contrast with other studies. This

suggests that university students are more negatively affected than high school students during the corona virus process.

Individuals with a high level of patience are also stated to be independent, free-willed, able to regulate their behavior and resist and struggle against social pressures, do not allow them to be governed by reasons or institutions beyond their control, and believe in their own actions and thoughts. It was also stated that individuals with a high level of patience are individuals who can effectively direct the life around them in line with their own wishes and needs and do not have a passive wait in the face of events (Ceylan *et al.*, 2017).

In this study, a significant difference was found in the patience tendencies score according to the individual and team sports or not doing sports during the epidemic process ( $p < 0.05$ ). Patients who do individual and team sports seem to have worse patience levels than those who do not do sports. It decreased more especially in individuals who did sports. Students dealing with individual and team sports should be supported in their patience tendencies.

Social media is one of the main channels providing updated information about COVID-19. Although it can play an important role in facilitating the communication of individuals quarantined with distant relatives. social media is not always a reliable source of information for pandemic updates. In fact, misinformation can spread rumors or misinformation leading to overload, which creates unfounded fears among many individuals (Bao *et al.*, 2020; Bontcheva *et al.*, 2013; Brooks *et al.*, 2020; & Gao *et al.*, 2020; ). Gao *et al.* (2020) showed that during the COVID-19 outbreak in Wuhan, China, there were frequent high mental health issues (depression and anxiety, or a combination of both) that were positively associated with exposure to social media. In the studies of Doğan & İmamoğlu (2020), it was found that the patience of the students did not change significantly according to the hours of watching TV during the day and following the developments related to the Corona virus on the internet. In this study, it was found that patience did not change significantly according to the hours of watching TV and following the developments related to Corona virus on the Internet ( $p > 0.05$ ).

In the studies of Doğan & İmamoğlu (2020), the patience of university students did not show a statistically significant difference according to the state of being exposed to news and information about the Corona virus on social media in the last week. In this study, a statistically significant difference was found in terms of patience according to the state of being exposed to news and information about the Corona virus on social media in the last week ( $p < 0.001$ ).

## Conclusion

It was concluded that patience tendencies of high school and university students vary according to gender, sports status, exposure to coronavirus news on social media, but do not change according to education levels. Students dealing with individual and team sports should be supported in their patience tendencies.

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