



Research Article



International Journal of
Medical Science and
Public Health Research

Journal

Website: <https://ijmsphr.com/index.php/ijmsphr>

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THE SOCIO-PSYCHOLOGICAL IMPACT OF THE COVID-19 PANDEMIC ON STUDENTS IN BANGLADESH

Submission Date: February 05, 2023, **Accepted Date:** February 10, 2023,

Published Date: February 15, 2023

Crossref Doi: <https://doi.org/10.37547/ijmsphr/Volume04Issue02-01>

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ABSTRACT

The Covid-19 pandemic has had a profound impact on students in Bangladesh, affecting their socio-psychological well-being in numerous ways. This article aims to explore the extent of the impact of the pandemic on Bangladeshi students' mental health and social lives. Through a survey of 500 students and interviews with a sample of students, we found that the pandemic has led to increased stress, anxiety, and depression, and has disrupted students' social lives and daily routines. We also found that students have developed coping mechanisms to deal with these challenges. This article highlights the need for policymakers and educational institutions to provide support to students during the pandemic.

KEYWORDS

Covid-19, pandemic, Bangladesh, students, mental health, socio-psychological impact, stress, anxiety, depression, coping mechanisms, support.

INTRODUCTION

The Covid-19 pandemic has disrupted many aspects of our lives, including education. With schools and universities closed or operating on a hybrid model, students in Bangladesh have had to adapt to a new way of learning. This sudden shift to online learning has presented many challenges for students, including lack of access to resources, lack of motivation and engagement, and social isolation. The pandemic has

also had a significant impact on students' mental health, with many feeling anxious or stressed due to the uncertainty and disruption caused by the pandemic. In this article, we will explore the socio-psychological impact of the pandemic on students in Bangladesh. Through a survey of 500 students and interviews with a sample of students, we will provide insights into how students are coping with the pandemic and what measures can be taken to support them.

METHODOLOGY

To gather data on the socio-psychological impact of the pandemic on students in Bangladesh, we conducted a survey of 500 students across various educational levels and regions in the country. The survey was conducted online and included questions on how the pandemic has affected their mental health, social lives, and overall well-being. We ensured that the sample of the survey was diverse, consisting of both male and female students from different regions of the country, including rural and urban areas. The survey was conducted using an online survey tool and distributed through social media platforms, including Facebook and Twitter.

In addition to the survey, we also conducted interviews with a sample of students to gain more in-depth insights into their experiences during the pandemic. The sample of interviewees was diverse, consisting of students from different educational levels, regions, and backgrounds. We ensured that the sample represented different viewpoints and experiences of students during the pandemic.

The interviews were conducted virtually, using video conferencing tools, to comply with social distancing measures. The questions asked during the interviews focused on the challenges students faced during the pandemic, how they coped with these challenges, and what measures they felt were necessary to support them during this time. The interviews were recorded, transcribed, and analyzed to identify common themes and patterns.

RESULTS

Our survey and interviews revealed that the pandemic has had a significant impact on Bangladeshi students'

mental health and social lives. Many students reported increased stress, anxiety, and depression due to the uncertainty and disruption caused by the pandemic. They also reported feeling isolated and disconnected from their peers, leading to a decline in their social lives. However, we also found that students have developed coping mechanisms to deal with these challenges, such as engaging in physical activity, seeking support from family and friends, and practicing mindfulness.

DISCUSSION

The results of our study highlight the need for policymakers and educational institutions to provide support to students during the pandemic. This support can take various forms, such as access to mental health services, providing resources to facilitate online learning, and creating

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