

Mental Stress of Students During Covid- 19

Section: P

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Abstract— The COVID-19 pandemic has increased mental health sufferings worldwide. Suicide completions are the extreme consequences of COVID-19 related psychological burdens, reported in many countries, including Bangladesh. However, there is a lack of study assessing COVID-19 related mental stress, which has been explored in the present study. **Methods:** An online-based survey has been carried out among 30 students (53.35% male; mean age 21). About 90% of the participants are in COVID-19-related stress, which results in the sleeping problem, mental illness, and Rapidly Mood Swings. Fear of COVID-19 infection (i.e., self and/or family member(s), and/or relatives), hampering scheduled study plan and future career, and health mortified as the main causes of human stress. Considering the findings, it is essential to lead time-oriented policy and implement care monitoring plans in the country, which may help manage the pandemic and nurture public mental health to combat COVID-19 related psychological challenges.

Keywords— COVID-19; pandemic; psychological impact; mental health;

I. INTRODUCTION

A. Background information

COVID-19 has spread worldwide and has resulted in significant morbidity, mortality, and negative psychological impact. COVID-19 has spread worldwide and has resulted in significant morbidity, mortality, and negative psychological impact. At the end of December 2019, the COVID-19 was originated from Wuhan province, China. After a short period, it has spread out globally, becoming the most challenging disaster after World War II. Consequently, peoples' everyday life has been reported disrupting as of its devastating effects. Therefore, on 11 March 2020, the World Health Organization declared this outbreak a pandemic due to its unusual

and rampant behaviors.^{2,3} However, there have been 1.31M COVID-19 cases (including 21,638 deaths) identified in Bangladesh as of 5 August 2021.

To moderate this viral outbreak frequency in the community levels, several public health measures such as

- (i) imposing countrywide lockdown,
- (ii) shutting down educational institutions,
- (iii) isolating the infected cases,
- (iv) quarantining the suspected cases,
- (v) confining social and community movements are executed throughout the entire world. Although these measures have importance to suppress the outbreak, consequent mental health impacts are not escaped.

B. Overview of the report

From the report's analysis, some factual conclusions about how much mental stress students are facing during covid 19. Some problems and reasons behind it can be found in this report. This report will help point out the problems of mental stress students face and the reason behind it. Such as Which mental disorder students are facing in this pandemic. What is the possible reason behind facing some disorder in this pandemic situation? Have students ever thought about suicide? What are the health issues students are facing due to mental stress? The reason behind the Mental stress Covid 19. During this time, all schools, colleges, University are closed. Students are so stressed to stay at home. They all want to live everyday life. Also, fear of dying or losing dear ones, difficulties in attending online classes, and the sleep cycle are distorted causes of mental stress. This report will give us a better idea of students' mental stress due to covid 19.

II. METHODOLOGY

During covid 19, physical and mental problems are increasing day by day, and it is seen more among the students. Students are facing much mental stress because of this Karna virus. Many times, due to mental stress, many health issues are seen.

Method used

In this report quantitative data have been used. Because it shows the statically analytical impact of Covid-19 on student's mental health, whether students face mental problems, reason behind of stress, face also mental disorder and so on. For this reason, mainly used the quantitative method because it represents the statistical analysis by comparing the data and graphs.

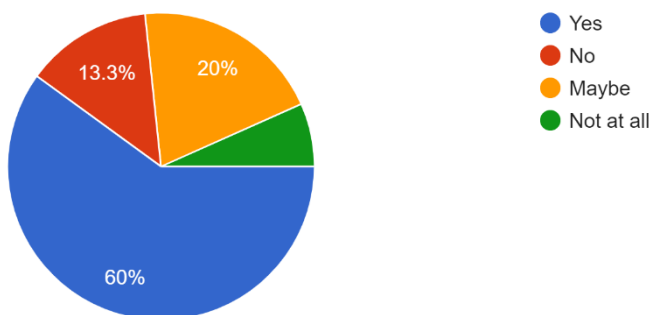
This report is on Mental stress on students during covid-19, and online classes are held; this survey is conducted by google forms. This research aim is to find out the satisfaction level of the students about technology-based education. Data has been taken from 30 current students from different levels of classes and different educational institutes. The reason for choosing different levels of students is that, as every student has a different opinion at the same time, this concept will also vary for different level students according to their perspectives and causes.

Also, choose different gender students because they have different problems and find out the reason for their stress in this situation. The limitation of this research is that all the people physically could not help with collecting data. For example, it is not possible to take interviews of the students because of the covid-19 pandemic. This research has been completed online.

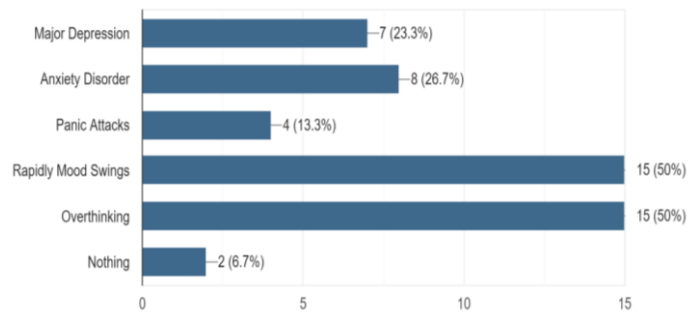
III. FINDINGS AND ANALYSIS

A. Findings

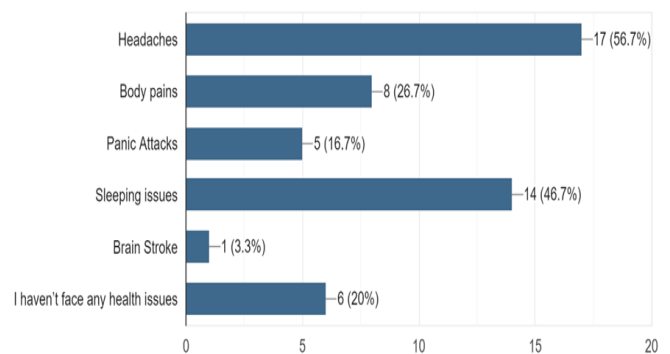
Affect of Covid-19 on mental health:



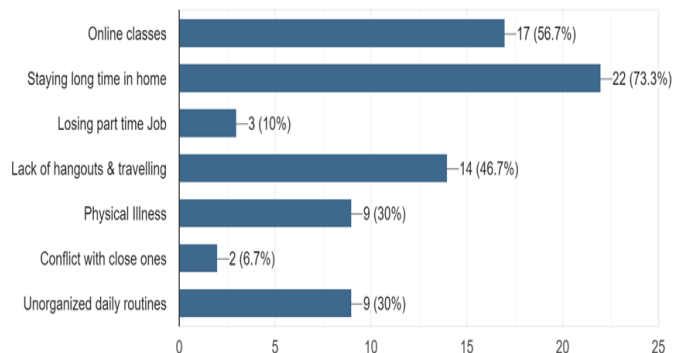
Mental disorder facing by students for covid-19:



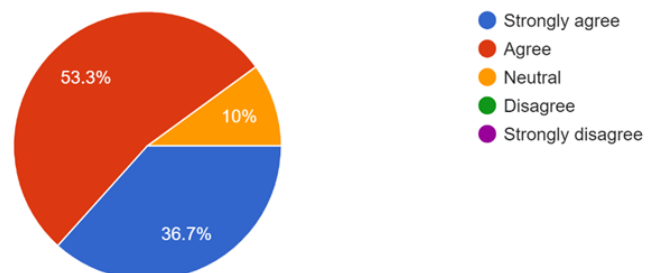
Health issues due to mental stress in this pandemic:



Reasons behind facing disorders in this pandemic situation:



Poor mental is a risk factor for students life.



B. Analysis of the result

The mental disorder also causes mental stress. In this pandemic situation, students are facing mental disorders. Rapidly mood swings, overthinking are the most common problem among students. Major depression, Anxiety disorder, Panic attacks are also cause of mental stress. These problems are so common that some students might get into depression and commit suicide.

- At first, the data shows that most of the student's mental health is affected for Covid - 19. 60% of students accepted that Covid-19 affected their mental health. Some (13.3%) students show a negative response for not getting affected on mental health.
- Not only mental health but also physical health is also essential mental stress. From this data analysis, it is founded that some health issues students facing due to mental stress. Headaches, sleeping issues are such common problems among students. It is so sad that it also creates an effect on their education.
- Due to lockdown throughout the country, students have to stay at home, facing some difficulties such as body pains. Staying at home is also a cause of stress. Due to Covid students have to take online classes, lack of hangouts, and traveling, unorganized daily routines are also the reason for mental stress.
- Students are agreed (90%) that "Poor mental health is a risk factor for student life." 10% of students give their opinion as neutral.
- Those are the main point which shows a clear result about the mental stress of students during Covid-19. The nationwide closures of educational institutions were affecting over 90% of students on their mental health.

IV. RECOMMENDATION

My recommendation to students is as the situation is that they have to be dependent on technologies then try to be more attentive to study and do some work besides their study. Try to do something unique and be more productive; try to follow some methods to overcome mental stress do some research. If you want to be successful in your life, there is no way except to study well and reduce mental stress.

And all have to be more careful about covid-19. All Should stay home. If they have signs of any infectious

illness and be referred to their health care provider for testing and care.

V. CONCLUSION

Psychological sufferings of the Bangladeshi students during the pandemic are reported reasonably high. The present review provides an initial overview of depression, anxiety, and stress prevalence rates and associated risk factors such as suicide among Bangladeshi students during the COVID-19 pandemic. Not only the mental but also the physical status of students is intensively affected by stress. Putting effective measures in place is pertinent to their academic success and general life.

This research will help understand the leading causes of their stress from different aspects and take the initiative by concerned people to help them find a way of alleviating stress and enjoying an excellent academic career.

VI. REFERENCES

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- [2] Psychological responses during the COVID-19 outbreak among university students in Bangladesh (references)
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0245083>
- [3] Depression, anxiety and stress among undergraduate students during COVID-19 outbreak and "home-quarantine"
<https://onlinelibrary.wiley.com/doi/10.1002/nop2.918>
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VII. APPENDIX

The screenshot shows a Google Form titled "Mental Stress of Students during Covid 19". The form is in "Questions" view. The first question is "From your perspective, how much Covid-19 effects on your mental health?" with a scale from 1 to 10. The second question is "Which mental disorders you're facing in this pandemic situation? (you can choose more than one)" with checkboxes for Major Depression, Anxiety Disorder, Panic Attacks, Rapidly Mood Swings, and Overthinking.

Mental Stress of Students during Covid 19

Questions Responses

From your perspective, how much Covid-19 effects on your mental health?

1 2 3 4 5 6 7 8 9 10

Which mental disorders you're facing in this pandemic situation? (you can choose more than one)

☐ Major Depression

☐ Anxiety Disorder

☐ Panic Attacks

☐ Rapidly Mood Swings

☐ Overthinking

VIII. GOOGLE FORM LINK

https://docs.google.com/forms/d/1OkNc4llgXREsfeg2uMYT-3tl3viR_UmsduZ6qMldjSg/edit#responses

The screenshot shows the "Responses" view of the Google Form. It displays "30 responses" and a message for respondents stating "This form is no longer accepting responses". Below the message, there is a table with the following data:

Summary	Question	Individual
Write your name please. 30 responses		
Jamil Ahammed		
Md Baimun Islam Rahat		
Md Shahadat Hossain		