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## International Journal of Multidisciplinary Research in Science, Engineering and Technology (IJMRSET)

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# Effects of COVID-19 on College Students

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**ABSTRACT:** The COVID-19[1] pandemic has disrupted higher education globally in many ways, upending the lives of college students on several fronts – academically, emotionally, and socially. This article investigates the multilayered effects of the pandemic on college students, including academic changes, mental health, financial struggles, and school switching behavior. Results suggest that a sudden transition to online learning was associated with reduced engagement, increased stress, and limited access to resources. For some students, that contributed to increased anxiety, depression and feelings of isolation as life was a mix of unknown and lack of contact. The financial troubles of many students were made worse by job losses and economic hardship. This abstract highlights the importance for personalized support systems, enhanced digital infrastructure, and overall mental health care to address the long-term

## I. INTRODUCTION

The start of COVID-19 in early 2020 led to unprecedented disruption in all spheres of life and particularly on the education systems. Colleges and universities all over the world were suddenly shutdown and moved to remote learning as an effort to control the spread of the virus. For college students, it also ushered in an array of academic, psychological, financial, and social challenges that has left a profound mark.

College as we know it, with in-person classrooms, exchanges with peers and campus life, was upended. Some students have had difficulty transitioning to virtual learning, confronting challenges related to limited access to internet, noise-free study environments, as well as restraints in interactions with faculty members and peers. Meanwhile, the unpredictability of

## II. LITERATURE REVIEW

### Emotional and Psychological Consequences

A number of research projects have emphasized the negative mental health effects that the pandemic has had on college students. According to Son et al. (2020) found that more than 70% of college students felt more stressed and anxious due to fear of falling behind academically, health concerns, and financial instability. A study conducted by Wang et al. (2020) reported that high levels of depression and anxiety (48.14% and 38.48%, depicted correspondingly) were widespread among Chinese university students.

The emotional toll of lockdowns and remote learning: Isolation led to distress. Huckins et al. (2020) based on smartphone data indicated increased sedentary and deteriorating mental health patterns among students that were associated with social isolation and disrupted routines.

### Academic challenges and achievement gains

The sudden transition to virtual instruction was hard for students





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### III. METHODOLOGY

#### Research Design

A mixed-methods research design was used to investigate the multi-dimensional impact of the COVID-19 on college students. A quantitative survey gathered information about mental health, academic achievement and the financial burden of the pandemic, and qualitative interviews yielded a rich narrative on students' experiences as well as how they were dealing with the situation.

#### Participants

This study focused on undergraduate and graduate students in accredited universities and colleges in the academic years 2020–2022. They used stratified random sampling to select a sample of 300 respondents to reflect diversity in terms of gender, academic discipline, socioeconomic status, and geographical location. Twenty of these participants were purposively selected for qualitative interview follow-up to further explore depth.

#### Inclusion Criteria:

College Students currently enrolled in school

Aged 18 years and

### IV. EXPERIMENT

To examine the effects of the COVID-19 pandemic on the academic performance, mental health and social behavior among college students.

#### Hypotheses:

H1: The COVID-19 had an adverse influence on college students' academic performance.

H2: Prevalence of the students' anxiety and sadness was higher in the pandemic.

H3: COVID-19 decreased in-person social interactions, leading to increased isolation.

#### Participants:

Sample: 200 collegegoing Addicts

#### Groups:

Group B: Patients who remained in classroom studies or pre-pandemic level of functioning for comparison controls

Recruited: College student from various colleges and years in university, voluntary participants

#### Variables:

Independent Variable COVID-19 learning environment (remote vs. in-person)

#### Dependent Variables:

Scholastics (GPA, exam scores)

The severity of symptoms of mental health (measured



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### V. CONCLUSION

The lives of college students were substantially disrupted by the COVID-19 pandemic in their academic studies, mental health, financial status, and social development. The sudden move to online learning led to issues of engagement and accessibility, and the extended period of isolation led to elevated levels of stress, anxiety and depression. And a large number of students lost jobs or had their income slashed, exacerbating financial pressures. Despite these challenges, the pandemic galvanized resilience, flexibility, and increasingly rapid adoption of digital technologies across education. While institutions of higher education are focused on their future plans, there are long-term effects on students to consider, and systems of support need to be put in place to ensure student success and emotional health in a post-pandemic world.

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