



THE PSYCHOLOGICAL EFFECT OF COVID-19 PANDEMIC ON STUDENTS' ACADEMIC PERFORMANCE OF FEDERAL UNIVERSITY DUTSE, JIGAWA STATE, NIGERIA

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Abstract

The study assesses the Psychological Effects of COVID-19 Pandemic on Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria. The population of the study comprises of the total number of undergraduate students in Federal University Dutse (FUD) which is 10,710 of both male and female. While the sample size of the study was based on Research Advisor (2006) table, which is 370 respondents. Simple Random Cluster Sampling was used for this study. However, after the data was collected, it was analyzed and interpreted using the Statistical Package for Social Science (SPSS version 21) computer software program. Primary data were mainly obtained using structural questionnaire. The specific objectives are as follows; to: determine the Psychological Effect of COVID-19 Pandemic on Students' Academic Performance of FUD, identify the relationship between COVID-19 Pandemic and Students' academic performance of FUD and determine the Challenges militating against Students' Academic Performance during COVID-19 Pandemic of Federal University Dutse, Jigawa State, Nigeria. The collected data for the study were analyzed using descriptive statistics i.e. frequency distribution and percentages. The study covered regular FUD undergraduate students, thus, postgraduate students, IJMB students, remedial and others were delimited. The research is significant which could serve as a document and a guide to government policy makers, National Universities Commission etc, a guide for those who want to study psychological effects of COVID-19 pandemic on student academic performance especially in Nigerian Universities and provides some vital information on psychological effects of COVID-19 pandemic on Students' academic performance of Federal University Dutse, Jigawa State, Nigeria. Result revealed that 79% as a majority of the respondents agreed that Covid-19 Pandemic has Psychological Effects on Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria. The research if published will be significant to provide a way out for Students' Academic Performance during Pandemic. The following recommendations have been made as: government should provide available and effective e-learning programmes, effective and functional entrepreneurships must be provided in University and other institutions, therefore, the study also recommended for further study.

Keywords: Psychological, Effect COVID-19 Pandemic, Student's and Academic Performance

Background to the Study

The fact that the COVID-19 pandemic affects tertiary students' mental health underscores the urgent need to understand these challenges and concerns in order to inform the development of courses of action and public health messaging that can better support college students in this crisis. University students are facing a variety of challenges in the wake of the COVID-19 outbreak (Torales, 2020). The pandemic has been escalating and threatening the welfare of human beings globally, and this public health emergency generates fear and leads to a spectrum of psychological consequences (Liu et al., 2020), ranging from distress responses such as anxiety, depression, and substance abuse, to behavioural changes such as difficulty sleeping and stress eating. Before the pandemic started, one in five college students had experienced one or more diagnosable mental disorders worldwide (Zhaia and Dub, 2020), and the psychological effects of COVID-19 can increase this number and exacerbate students' mental health issues. There are 188 countries in the world that have closed schools and universities due to the novel corona virus pandemic as of early April of 2020. Almost all countries have instituted nationwide closures with only a handful, including the United States, implementing localized school closures. The world has never before seen this scale of education disruption. In recent decades, major disruptions to education mainly involved natural disasters, armed conflicts, or epidemics in individual countries or sometimes regions. Even compared to school closures during previous global crises, such as the 1918 Spanish flu pandemic where 40 U.S. cities closed schools, and World War II, where 1,000,000 children in the U.K. were forced out of school, the level of education disruption is much greater today, in part because 90 percent of the world's young people are enrolled in primary school now versus 40 percent in 1920 (World Health Organization 2020). According to the United Nations Educational, Scientific, and Cultural Organization (UNESCO, 2020), the pandemic has interrupted the learning of more than one billion students in 129 countries around the world. Many universities worldwide have moved to emergency remote teaching (ERT) via online platforms, further inducing anxiety among the students. Studies on the effect of COVID-19 and lockdowns on college students in China reported significant adverse effects on the students' psychological well-being and high levels of anxiety. Therefore, a lot of researchers conducted research on effects of COVID-19 globally; this study tries to assess the Psychological Effect of COVID-19 Pandemic on Student's Academic Performance of Federal University Dutse, Jigawa State, Nigeria.

Objectives of the Research

The general objective of the study is to assess the Psychological Effect of COVID-19 Pandemic on Student's Academic Performance of Federal University Dutse, Jigawa State, Nigeria while the specific objectives are as follows;

1. To determine the Psychological Effect of COVID-19 Pandemic on Students academic performance of Federal University Dutse, Jigawa State, Nigeria.
2. To identify the relationship between COVID-19 Pandemic and Student's Academic Performance of Federal University Dutse, Jigawa State, Nigeria.
3. To determine Challenges militating against Student's Academic Performance during COVID-19 Pandemic of Federal University Dutse, Jigawa State, Nigeria.

Statement of the Problem

Education has been hit particularly hard by the COVID-19 pandemic with 1.53 billion learners out of school and 184 country-wide school closures, impacting 87.6% of the world's total enrolled learners (Education Cannot Wait [ECW], 2020). School closures could prevent the rapid spread of the epidemic, it seems to be the optimal solution in the short term. School closures can affect deaths during an outbreak either positively, through reducing transmission and the number of cases, or negatively, through reductions in the health-care workforce available to care for those who are sick (Viner et al., 2020). However, when school closures take longer, students' learning and social relationships are negatively affected. Schools provide face-to-face education. But because face-to-face education cannot take place because of the epidemic and the higher Institutions in Nigeria are not equipped with an online class platform where students can be accessible through distance or online education (Jada, Giginyu & Mutah, 2021). This in itself harbors a problem because online education requires an excellent infrastructure. Every student needs to be accessible to online or distance education. But unfortunately access to the internet is not the same everywhere. Likewise, not every student in Federal University Dutse has their own PC. Moreover, some villages in Nigeria do not even have electricity. Even if the infrastructure problems are resolved in some way, the constant exposure of students to distance or online education is tedious to them. For this reason, the motivation of the students for learning decreases and the learning goals are not achieved. Not only students but also teachers and families are affected by the negative effects of the COVID-19 pandemic on education. Families may not have enough support for their children to learn at home. This may be due to low socio-economic level of families, as well as low educational level of family members. Likewise, teachers have an important role in the success of the educational process. But most teachers lacked pedagogical competence about how to manage the teacher distance or online education process. They didn't know how to develop distance or online educational tools (Rapanta 2020). Therefore, the negative effects of the outbreak seem to be more difficult to compensate for the students. Going to school is the best public policy tool available to raise skills. While school time can be fun and can rise social skills and social awareness, from an economic point of view the primary point of being in school is that it increases a child's ability (Burgess & Sievertsen, 2020). According to Reimers (2020) for the vast majority of children who lose opportunities to learn because of the pandemic, it will be hard to recover from those losses, the harder the longer the period of physical isolation from other students and teachers. The educational disadvantage such losses generate will beget more educational, and eventually economic and social disadvantage. Because these losses will be experienced by large segments of the population, societies will suffer as their productivity is diminished. Thus, it is based on this background that this study seeks to assess the Psychological Effect of COVID-19 Pandemic on Student's Academic Performance of Federal University Dutse, Jigawa State, Nigeria.

Related Literature: This section is structured towards reviewing some related literatures under some headings as shown below: **Effect of COVID-19 Pandemic on Education:** COVID-19 pandemic disrupted the students' educational process. Billions of students and millions of educators are affected by school closures and other restrictions. Social distancing and other limitations due to COVID-19 may cause negative psychological conditions such as anxiety and fear, and these may affect the well-being of students and parents (Ozer, 2020). Most governments around the world have temporarily closed educational institutions in an attempt to curtail the spread of the COVID-19 pandemic. These nationwide closures are

impacting over 60% of the world's student population. Several other countries have implemented localized closures impacting millions of additional learners (UNESCO, 2020). Millions of students have not been able to continue learning in schools, universities, vocational training institutions and adult learning programmes. Many governments responded to the pressing need to provide school children with learning possibilities via online and distance learning (Römer, 2020). Although precautions were taken, the students' learning process was negatively affected. Students who have been stripped of their freedom due to COVID-19 are deeply concerned about when face to face education will happen. This will guide to assess the Psychological Effect of COVID-19 Pandemic on Student's Academic Performance of Federal University Dutse, Jigawa State, Nigeria.

Psychological Effect of COVID-19 Pandemic: Pandemics have devastating effects on not only the psychology of people experiencing the pandemic during the process, but even the psychology of future people. Pandemics such as HIV/AIDS, influenza, SARS, MERS, which have appeared in the past and threatened the health of people, have also led to negative consequences in people's psychology. Considering the effects of pandemics on the groups of people living in the community, it can be seen that it affects directly patients, and their relatives, healthcare staff, and all other people who are at risk of disease (Morganstein, 2017). The psychological reaction of each person in the face of intense stress and fear caused by pandemics can be different. It has been observed that pandemics cause psychological effects such as depression, anxiety, fear of death, losing loved ones, posttraumatic stress disorder, psychotic symptoms and mourning in general (Taylor 2019). However, some people can control the negative emotions of pandemics and continue their lives normally. But some people cannot cope with these feelings and need professional support. In this regard, the negative consequences for individuals and the society from the beginning of its spread to its control are regarded as unpredictable disaster. This will guide to assess the Psychological Effect of COVID-19 Pandemic on Student's Academic Performance of Federal University Dutse, Jigawa State, Nigeria.

Effect of COVID-19 Pandemic on Social Relations and Health: Social distancing involves staying away from people to avoid the spreading and catching the virus. It is a new emerging terminology which means to avoid the crowd. This has forced people to work from home and avoid social gatherings and contacting even their near ones. Eric Kleinberg, a New York University sociologist, stated that "we've also entered a new period of social pain. There's going to be a level of social suffering related to isolation and the cost of social distancing that very few people are discussing this yet." Man is a social animal and social relations and the social interactions are integral to human civilization, but, due to the rapid pandemic spread of the virus and the increase of social distancing measures, this web of relationships was severely impacted. From the human existence, these social connections and relations have become integral into way of life. So, if there is absence of such deep meaningful connections it leads to stressful states of anxiety both in body and in mind. Loneliness, anxiety drives, depression, panic states, mental disorders, health hazards, and many other issues impact the life of the individual and the society as a whole. The WHO report on China claimed that no one knows the accurate incubation period for this virus, but symptoms can show up anywhere from one day to two weeks after exposure. The Center for Disease Control and Prevention had issued its highest-level travel alerts for Italy, Iran, South Korea, and China, also advising other countries to restrict travel in these places for the moment. These are the countries with the largest known Corona Virus outbreaks. Corona virus is impacting the life of the

individuals as a whole. It creates a sense of fear and also stress, anxiety and other mental disorders. According to Center for Disease Control and Prevention (CDC) “The outbreak of Corona Virus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. “This will guide to assess the Psychological Effect of COVID-19 Pandemic on Student’s Academic Performance of Federal University Dutse, Jigawa State, Nigeria.

Research Methodology

The study was conducted in Federal University Dutse, Jigawa State, Nigeria. The University is one of the nine universities created by the Federal Government of Nigeria on the 9th of February, 2011; the University’s campus is located in Dutse the capital of Jigawa State, an ancient town in the North Western Nigeria. The First Vice-Chancellor of the University was Professor Jibril Dahiru Amin from 2011 -2016. He was succeeded by Professor Fatima Batul Mukhtar (1st Female) who assumed duty on the 20th December, 2016 to 2021 and the third and current Vice Chancellor is Professor Abdulkareem Sabo Mohammed from 20th December, 2021 to date (FUD, 2021). It has Faculty of Science (Microbiology, Biotechnology, Biology, Zoology, Chemistry, Environmental Management and Toxicology, Mathematics, Physics, Biochemistry), Faculty of Arts and Social Sciences (Economic, English Language, Linguistics (English), Linguistics (Arabic), Linguistics (French), Political Science, Sociology (Criminology and Security Studies), College of Medicine and Health Sciences (Medicine and Surgery (MBBS), Human Anatomy, Human Physiology), Faculty of Computing (Computer Science, Software Engineering, Information Technology, Cyber Security), Faculty of Agriculture (Agriculture, Fisheries and Aquaculture, Forestry and Wildlife Management), Faculty of Management Sciences (Accounting, Actuarial Sciences, Banking and Finance, Business Administration, Taxation, Insurance) and newly established Faculty of Education (Library and Information Science, Islamic Studies and Primary Education Studies). The study area has been chosen because the University is one of the institutions that were affected by total lockdown due to COVID-19 pandemic. Therefore, the study assesses the Psychological Effects of COVID-19 Pandemic on Student’s Academic Performance of Federal University Dutse, Jigawa State, Nigeria. The population of the study comprises of the total number of undergraduate students in Federal University Dutse (FUD) which is 10,710 both male and female (FUD, 2021). While the sample size of the study was based on Research Advisor (2006) table, which is 370 respondents, the subgroup with the highest number gets the highest proportion to Randomly Selected from the selected sample size (370). This is as it appears on the table below:

Table 1: Population and Sampling

| Category (Faculty) | Male | Percentage | Sample Size | Female | Percentage | Sample Size | Total Number In The Category | Category Percentage (%) From The Grand Total | Proportionate Sample Size From The Selected Sample Size |
|--|--------------|------------|-------------|-------------|------------|-------------|------------------------------|--|---|
| Agriculture | 1056 | 72% | 36 | 347 | 24.7% | 12 | 1403 | 13% | 48 |
| Arts and Social Sciences | 2041 | 77.3% | 70 | 597 | 22.6% | 21 | 2638 | 24.6% | 91 |
| Collage of Medicine and Health Science | 672 | 61.5% | 23 | 420 | 38.4% | 15 | 1092 | 10.2% | 38 |
| Computing | 1156 | 77.2% | 40 | 340 | 22.7% | 12 | 1496 | 13.9% | 52 |
| Management Sciences | 603 | 75.7% | 21 | 193 | 24.2% | 7 | 796 | 7.4% | 28 |
| Science | 2131 | 64.8% | 73 | 1154 | 35.1% | 40 | 3288 | 30.7% | 113 |
| Education | Nil | Nil | Nil | Nil | Nil | Nil | Nil | Nil | Nil |
| TOTAL | 7,657 | 72% | 263 | 3051 | 28% | 107 | 10,710 | 100% | 370 |

*Source: Federal University Dutse, Field Survey 2021

**Multiple responses exist hence > 370

Simple Random Cluster Sampling was used for this study. However, after the data was collected, it was analyzed and interpreted using the Statistical Package for Social Science (SPSS version 21) computer software program. Primary data were mainly obtained using structural questionnaires. The collected data for the study were analyzed using descriptive statistics i.e. frequency distribution and percentages. The study covered regular undergraduate FUD students, thus, postgraduate students, IJMB students, remedial and others were delimited. The research is significant; it could serve as a document and a guide to government policy makers, National Universities Commission etc. The findings could serve as a guide for those who want to study psychological effects of COVID-19 pandemic on student academic performance especially in Nigerian Universities. In addition to that, the research provides some vital information on psychological effects of COVID-19 pandemic on students' academic performance of Federal University Dutse, Jigawa State, Nigeria. The research if published will be significant to provide a way out for Students' Academic Performance during Pandemic.

DEMOGRAPHIC DATA: Demographic Data of the Respondents is presented in Table 1

Table 11: Socio Demographic Characteristics of Federal University Dutse students

| Gender | | | Level | | |
|------------------|------------|-------------|-----------------------|------------|-------------|
| Variable | Frequency | Percentage | Variable | Frequency | Percentage |
| Male | 263 | 71% | 100 | 89 | 24% |
| Female | 107 | 29% | 200 | 96 | 26% |
| Total | 370 | 100% | 300 | 98 | 26% |
| Age Range | | | 400 | 59 | 16% |
| | | | 500 | 28 | 8% |
| | | | Total | 370 | 100% |
| | | | Marital Status | | |
| | | | Single | 284 | 77% |
| 15-24 years | 227 | 61% | Married | 39 | 11% |
| 25-34 years | 115 | 31% | Separate | 12 | 3% |
| 35-44 years | 25 | 7% | Divorcee | 20 | 5% |
| 45 to above | 3 | 1% | Widow | 25 | 7% |
| Total | 370 | 100% | Total | 370 | 100% |

**Source: Federal University Dutse, Field Survey 2021 **Multiple responses exist hence > 370*

Table 11 showed that 71% (263) were male, while 29% (107) were female. Respondent Ages indicated 227 (61%) were within the age of 15-25 years while 31% (115) within the age of 25-34 years, 35-44 years were 7% (25) while 45 years to above indicated that only 1% (3) was of that range. Marital status 77% (284) are single and 11% (39) are married, 3% (12) separated while divorced were 5% (20) and 7% (25) were widow.

TABLE 111: To Determine the Psychological Effect of COVID-19 Pandemic on Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria

| Tested Items | Frequency | Percentage |
|---|-------------|--------------|
| Depression set in for students especially those on their final year due to delay in graduating | 317 | 86% |
| Depression set in for students who are delayed in their laboratory work or in their research findings which already had timeline due to COVID-19 lockdown | 302 | 82% |
| Most students lost interest in University Education | 63 | 17% |
| Generally, academic performance of most students have dropped due to non-activity during the lockdown | 327 | 88% |
| Most students became more interested in business than schooling | 244 | 70% |
| Total | 1253 | 68.6% |

*Source: Federal University Dutse, Field Survey 2021

**Multiple responses exist hence > 370

TABLE 111 Shows the Psychological Effect of COVID-19 on students' academic performance of Federal University Dutse, Jigawa State, Nigeria. It was found that depression set in for students especially those on their final year due to delay in graduating which is 86% (317), depression set in for students who are delayed in their laboratory work or in their research findings which already had timeline due to COVID-19 lockdown which is 82% (302), most students lost interest in University Education 17% (63), generally academic performances of most students have dropped due to non-activity during the lockdown 88% (327), and Most students became more interested in business than schooling 70% (244). Generally, the table shows the Psychological Effect of COVID-19 Pandemic on Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria 1253 (68.6).

TABLE 1V: To Identify the relationship between COVID-19 Pandemic and Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria

| Tested Items | Frequency | Percentage |
|---|-------------|------------|
| Most students experienced boredom during COVID-19 Pandemic | 313 | 85% |
| Loneliness among students during the pandemic has resulted to anti-social behavior such as smoking and drinking | 154 | 42% |
| Students with underlying health issues are depressed due to poor access to medical care | 91 | 25% |
| Inability to move around and or attend functions during the pandemic has led to anxiety in some students | 276 | 75% |
| During the pandemic, students have little opportunity of easing out stress through sporting activities | 366 | 99 |
| Total | 1200 | 65% |

*Source: Federal University Dutse, Field Survey 2021

**Multiple responses exist hence > 370

TABLE 1V: Shows the relationship between COVID-19 Pandemic and students' academic performance of Federal University Dutse, Jigawa State, Nigeria. It was indicated that most

students experienced boredom during COVID-19 Pandemic 85% (313), loneliness among students during the pandemic has resulted to anti-social behavior such as smoking and drinking 42% (154), students with underlying health issues are depressed due to poor access to medical care 25% (91), inability to move around and or attend functions during the pandemic has led to anxiety in some students 75% (276) and during the pandemic, students have little opportunity of easing out stress through sporting activities 99.% (366). Generally, the table shows the relationship between COVID-19 Pandemic and Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria 65% (1200).

TABLE V: To Determine Challenges militating against Students' Academic Performance during COVID-19 Pandemic of Federal University Dutse, Jigawa State, Nigeria

| Tested Items | Frequency | Percentage |
|---|-------------|------------|
| Most students ended up with few or no friends during the pandemic | 212 | 57% |
| Students have no access to reading materials in the library for independent reading during the pandemic | 358 | 97% |
| Students experience anxiety due to COVID-19 infestation | 361 | 98% |
| Students have no access to e-Learning as the University has no e-learning platforms | 370 | 100% |
| Students became depressed as they spent almost a year at home without any formal learning | 363 | 98% |
| There are no room for group discussion among students during the pandemic | 369 | 100% |
| Total | 2033 | 92% |

**Source: Federal University Dutse, Field Survey 2021*

***Multiple responses exist hence > 370*

TABLE V: Shows Challenges militating against Students' Academic Performance during COVID-19 Pandemic of Federal University Dutse, Jigawa State, Nigeria. It was found that most students ended up with few or no friends during the pandemic 57% (212), students have no access to reading materials in the library for independent reading during the pandemic 97% (358), students experience anxiety due to COVID-19 infestation 98% (361), students have no access to e-Learning as the University has no e-learning platforms 100% (370), students became depressed as they spent almost a year at home without any formal learning 98% (363) and there are no rooms for group discussion among students during the pandemic 100% (369), generally, the table shows Challenges militating against Students' Academic Performance during COVID-19 Pandemic of Federal University Dutse, Jigawa State, Nigerian were 92% (2033).

Conclusion and Recommendations

The study assessed the Psychological Effect of COVID-19 Pandemic on Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria, the findings of the study indicated that majority of the respondents agreed that the Psychological Effect of COVID-19 Pandemic on Students' Academic Performance of Federal University Dutse, Jigawa State,

Nigeria was 68.6% (1253), the relationship between COVID-19 Pandemic and Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria was 65% (1200) and Challenges militating against Students' Academic Performance during COVID-19 Pandemic of Federal University Dutse, Jigawa State, Nigeria was 92% (2033). Therefore, Result revealed that 79% (1494) as a majority of the respondents agreed that the Psychological Effects of COVID-19 Pandemic on Students' Academic Performance of Federal University Dutse, Jigawa State, Nigeria has been strongly affected. The following recommendations have been made as: government should provide available and effective e-learning programmes, effective and functional entrepreneurship programmes to be provided in Universities and other institutions of learning, therefore, the study also recommended for further study.

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