
Psychological Problems Faced by University Undergraduates during COVID - 19 Pandemic Situation

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Abstract

COVID 19, a worldwide catastrophe that brought about significant changes in the lives of people around the world. These changes have long-lasting effects on the economic, social, educational, physical, and mental well-being of individuals. Like other countries affected by COVID-19, Sri Lanka has taken steps to provide many services online, including education. This research attempts to identify psychological problems faced by undergraduates during the lock down period and its long-lasting impact on future career goals. Case study methodology was adopted for 10 undergraduates of final year of the faculty of Management and Finance and the Faculty of Humanities and Social Sciences of University of Ruhuna. The research is qualitative and aims to gain an insight into undergraduates' psychological problems during the lock down period. Interviews were conducted over the phone using pre-prepared structured interviews. All responses were gathered for the sections: Personal life-Physical and Mental, Academic life, Career Goals, Social Life, Family Life, and Spiritual Life. Data was analyzed based on thematic analysis, and themes will be based on the aforesaid six areas. According to responses, they faced financial hardship, concerns about infection, dread of mortality, and a sense of hopelessness. Participants were concerned about the unpredictable length of time it would take to return to "regular life". Psychological studies of COVID 19 can help ensure psychological interventions at various stages of public health emergency management to mitigate mental and social unrest. It has the potential to assist society in returning to normalcy with the fewest possible losses, according to experts.

Keywords: *COVID-19, Intervention, Pandemic , Psychological Problems, University Undergraduates*

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