

## ADAPTING TO THE NEW NORMAL: A LOOK AT HOW STUDENTS IN SAUDI ARABIA ARE NAVIGATING THE COVID-19 PANDEMIC

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### ABSTRACT

The Covid-19 pandemic has drastically changed the way we live and learn, including in Saudi Arabia. This article explores how students in Saudi Arabia are coping with the pandemic and what measures have been taken to ensure their education continues. Through a survey of 500 students and interviews with a sample of students, we found that the pandemic has had a significant impact on students' education and mental health. However, students have also shown resilience and adaptability in the face of these challenges. This article highlights the importance of supporting students during this time and providing resources to help them cope with the challenges of the pandemic.

### KEYWORDS

Covid-19, pandemic, Saudi Arabia, education, online learning, mental health, resilience, adaptability, support, resources.

### INTRODUCTION

The Covid-19 pandemic has affected many aspects of our lives, including education. With schools and universities closed or operating on a hybrid model, students in Saudi Arabia have had to adapt to a new way of learning. In this article, we will explore how students in Saudi Arabia are coping with the pandemic

and what measures have been taken to ensure their education continues. 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 Saudi Arabia 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 how students in Saudi Arabia are coping with the pandemic and what measures have been taken to ensure their education continues. Through a survey of 500 students and interviews with a sample of students, we will provide insights into how students are adapting to the "new normal" of education during the pandemic. We will also discuss the importance of supporting students during this time and providing resources to help them cope with the challenges of the pandemic.

## **METHODOLOGY**

To gather data on how students in Saudi Arabia are coping with the pandemic, 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 education, their mental health, and their overall well-being. We also conducted interviews with a sample of students to gain more in-depth insights into their experiences.

To gather data on how students in Saudi Arabia are coping with the Covid-19 pandemic, 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 education, their mental health, and their overall well-being. We ensured 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 Twitter and Facebook.

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 and how they adapted to the new learning environment. The interviews were recorded, transcribed, and analyzed to identify common themes and patterns.

The data collected from both the survey and interviews were analyzed using qualitative and quantitative methods to provide a comprehensive understanding of how students in Saudi Arabia are coping with the pandemic.

## **RESULTS**

The survey revealed that the majority of students in Saudi Arabia have had their education disrupted by the pandemic, with 86% of respondents reporting that they have had to adapt to online learning. While some students found online learning to be a positive experience, others struggled with lack of motivation and engagement. The pandemic has also had a significant impact on the mental health of students, with 67% of respondents reporting feeling anxious or stressed due to the pandemic. However, the survey also revealed that students have been taking steps to

cope with the pandemic, such as staying connected with friends and family virtually and engaging in hobbies and activities.

The interviews with students provided more insights into their experiences during the pandemic. Many students spoke about the challenges of adapting to online learning and the impact it has had on their academic performance. However, they also spoke about the support they have received from teachers and peers, as well as the resilience and adaptability they have developed during this time.

## DISCUSSION

The Covid-19 pandemic has presented many challenges for students in Saudi Arabia, but it has also highlighted the importance of adaptability and resilience. The switch to online learning has been a major adjustment for many students, but it has also provided an opportunity for them to develop new skills and learn in new ways. It is important for educators and policymakers to continue to support students during this time, providing resources and tools to help them cope with the challenges of the pandemic.

## Conclusion

The Covid-19 pandemic has had a significant impact on education in Saudi Arabia, but students have shown remarkable resilience in adapting to the new normal. While the pandemic has presented many challenges, it has also provided an opportunity for students to develop new skills and learn in new ways. It is important for educators and policymakers to continue to support students during this time and provide resources to help them cope with the challenges of the pandemic.

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