



Academic performance in higher education students during the pandemic

O Rendimento académico em alunos do ensino superior durante a pandemia

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INTRODUCTION

In 2020, the first cases of infection with the new coronavirus SARS-COV-2 were confirmed in Portugal. The pandemic has created a series of new challenges, in the sense of teaching and the learning process, largely due to social isolation, teaching has become remote, which has led to divided opinions about its effectiveness (Duarte et al., 2022). An individual needs the physical and mental rest of a "good night's sleep" in order to regain energy and perform the tasks of the following day. In higher education students, the effects of a bad night's sleep, in the short and long term, are devastating in their academic life, as they can impair the acquisition and retention of new knowledge and skills.

OBJECTIVE

Evaluating academic performance in higher education students.

METHODOLOGY

This was an observational, cross-sectional, prospective and randomized study, with the methodology adopted being fundamentally quantitative. The inclusion criteria were higher education students; at least 2 students enrolled in the degree program in the 2020/2021 academic year; all students who expressed their willingness through Free and Informed Consent participated. An online questionnaire was used to collect the final averages and the grade they thought was a good average. An SPSS® statistical program was used to process the data.

DEVELOPMENT



The sample consisted of 30 individuals, with a predominance of females (73.3%) and 26.7% of males. Of the total sample, in that school year before the pandemic 27 students (90%) had a bad final average and only 3 students (10%) who obtained a good final average. During the pandemic, in the respective school year, the total sample, 26 students (86.7%) obtained a bad final average, and only 13.3% (4 students) obtained a good final average. The final average before the pandemic was correlated with the final average during the pandemic, with statistically significant associations ($p=0.004$).

Based on the results obtained, a large percentage of the students surveyed had a final average below the values normally obtained before the SARS-cov19 pandemic. However, it is important to note that there were also a large number of students with averages below normal standards during the pandemic, with a slight improvement in these averages, which was not corroborated by literacy.

FINAL CONSIDERATIONS

It is important to consider that the pandemic has had an impact on the educational process, in which teachers and students have had to adapt and distance learning has emerged, which has brought some developments to the teaching method, but in terms of academic performance it has brought only a slight improvement.

REFERENCES

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