

Changes in the Interpersonal Skills of Students Due to COVID-19 Restrictions

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Abstract

The COVID-19 pandemic caused huge shifts in the way people learn. Instead of standard face-to-face classes, people now use virtual platforms. This sudden change messed up the usual ways of improving social skills, like talking to people, working as a team, showing sensitivity, and solving problems. Spending a lot of time alone, limiting physical activity, and heavily relying on digital communication tools significantly impacted these skills, which typically develop through face-to-face interactions in classes, group projects, and social activities. Building and keeping relationships, getting used to working together virtually, and expressing feelings clearly were all challenging for the students. But the change also brought new chances, like getting to know different online groups and learning how to communicate digitally. Using both real-world examples and theoretical insights, this study looks at how COVID-19 restrictions have changed students' social skills. It talks about the two effects—the good and the bad—that social isolation and learning from home can have on students' social and mental growth. It also gives ideas on how to improve social skills in a school setting after the pandemic.

Keywords: Changes, Interpersonal Skills, Students, COVID-19 Restrictions

Introduction

Early 2020 saw the global spread of COVID-19, which disrupted many areas of life, including schooling, in ways never seen before. To stop the virus from spreading, schools, colleges, and universities had to close. This quickly led to the adoption of online learning as the norm. This ensured the continuation of school, but it also significantly altered the way students interact with each other, teachers, and the community at large. One big worry is how these changes will affect students' social skills, which are crucial for their emotional, academic, and professional growth.

Face-to-face interactions in classrooms, extracurricular activities, and casual social

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