

3rd International Conference on Innovation and Transformation for Development (ITD)

ISBN: 978-984-444-034-0

9-10 November, 2024

Green University of Bangladesh



Green
University



elderly people. The Parents Maintenance Act 2013 and the Old Age Allowance program (BoyoshkoVatha) are some limited initiatives from the government. Besides, there are a few initiatives by some non-governmental organizations. However, within an ineffective legal framework, all these existing services are unable to meet the demands of a large number of aged people. This paper suggests further effective social support systems both from the government and community participation towards the assurance of social security for the aging population where examples from other developing countries can be followed. The upcoming initiative by the government of Bangladesh to roll out a universal pension scheme for senior citizens can be a better policy.

Keywords: Aging, Social Security, Challenges, Programs, Policies, Recommendation.

**SOC:
24085**

Stress and Perceived Social Support among University Students: A Cross-sectional Study in Bangladesh

Rashed Hossain, Lecturer, Department of Sociology, Jatiya Kabi Kazi Nazrul Islam University, Bangladesh

Abstract – Students can feel stress due to academic issues, family problems, psychological pressure, and economic crisis which highly impact on students' well-being. In order to reduce the impact of stress, students need social support from families, friends, teachers, and special persons. Therefore, the major objectives of this study are to identify the various stressors affecting university students and examine the role of social support in mitigating these stressors. In this cross-sectional study, conducted at the University of Dhaka, Bangladesh, data were collected from 393 students through structured survey questionnaire. The findings of the study found that 'serious illness in family members' (mean=2.30, SD=1.588) was the most significant in the family related domain, followed by 'conflict with parents' (mean=1.56, SD=1.538), 'domestic violence' (mean=1.30, SD=1.598), and 'physical punishment by parents' (mean=0.78, SD=1.218). On the other hand, Psychological stressors were led by 'misunderstood or rejected by others' (mean=1.79, SD=1.508). Economic and environmental stressors were dominated by 'major change in financial state' (mean=1.99, SD=1.321) and 'change in living environment' (mean=1.96, SD=1.242). A significant negative correlation ($r=-.168$, $n=393$, $p<0.001$) was found between perceived social support and stress. The findings of the study increase the necessity of social support systems in mitigating stress among university students.

Keywords: Bangladesh, Social Support, Stressors, University students.