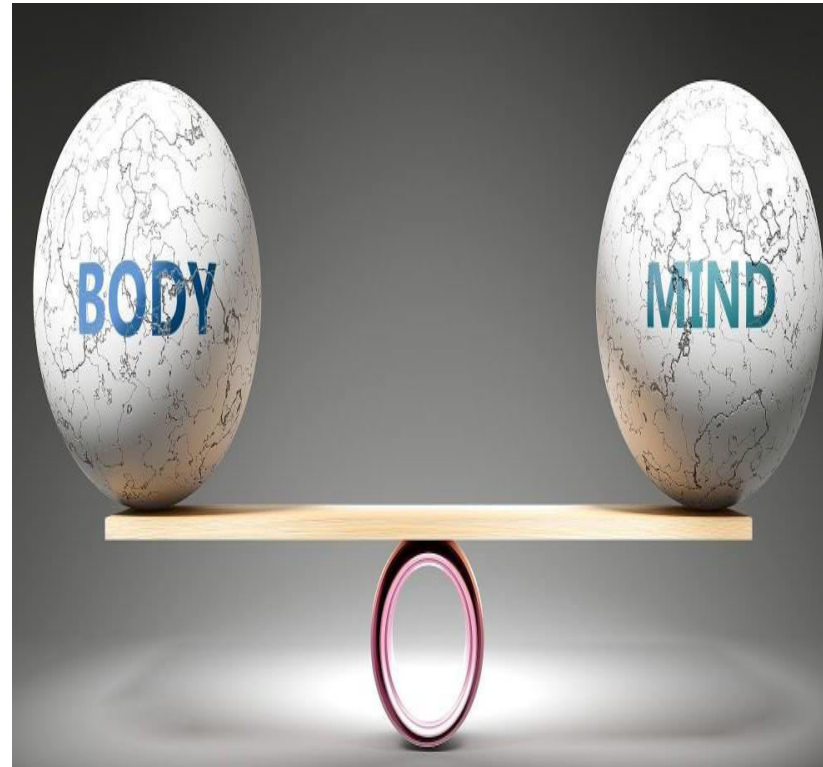


Welcome to the Presentation on Factors Influencing the Academic Performance of Undergraduate Medical Students In Bangladesh **Motivational Factors**

Learning Objectives

1. Mindfulness
2. How to Measure Mental Pressure
3. Stressors of Medical Student
4. Motivators of Medical Students
5. Academic Relationship
6. Teaching Method
7. Residence, Diet & Mental Health

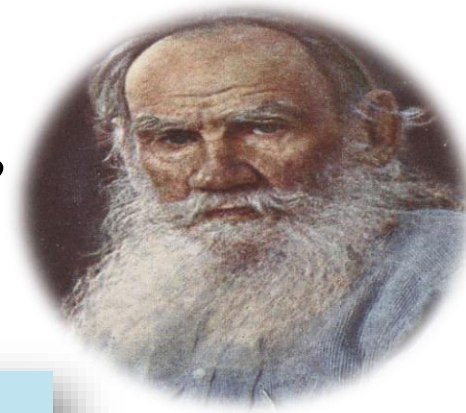


Dr. Rajibur Rahman

Assistant Professor
Dhaka Medical College
1 Psychiatrist per 7.4 Lakh

Mindfulness

- Who is the most Important Person in your life?
- What is most important task
- What time is more important?



Leo Tolstoy

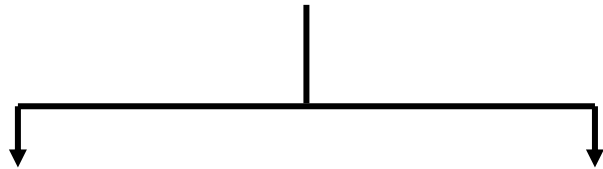
Mental health Prevalence of Psychiatric disorder (2019)

- ❖ Among Adults (Total - 18.7%)
 - Depression- 6.7%
 - Substance- 3.3%
- ❖ Among Medical Students-
 - Depression- 39.1%
 - Anxiety- 65%
 - Stress- 85%
 - Suicidal tendency- 18.8%

Motivation: A psychological force that initiates, guides, and sustains goal-directed behavior

Motivator

(An internal or external factor that energizes and directs behavior)



Positive Motivator

Encourages action through inspiration, hope, growth, or reward

Negative Motivator

Drives behavior through fear, guilt, or pressure, often leading to stress or burnout

I AM PROUD TO BE A
MEDICAL STUDENT,
EMBARKING ON A
JOURNEY THAT
CHALLENGES ME TO
GROW AS A PERSON
AND A PROFESSIONAL.



How to Measure Your Mental Pressure?

“Yeh engineers bade chaalak hote hain sir..
aisi koi machine hi nahi banayi jo yahan
ka pressure naap sake.. banate toh pata
chal jaata ki yeh suicide nahi
murder hai sir”

-3 Idiots (2009)



DOST FAIL HO JAYE TO DUKH HOTA HAI



LEKIN DOST FIRST AA JAYE TO ZYADA DUKH HOTA HAI

Stressors of Medical Students

I. Viva exam

II. Severe Academic Pressure

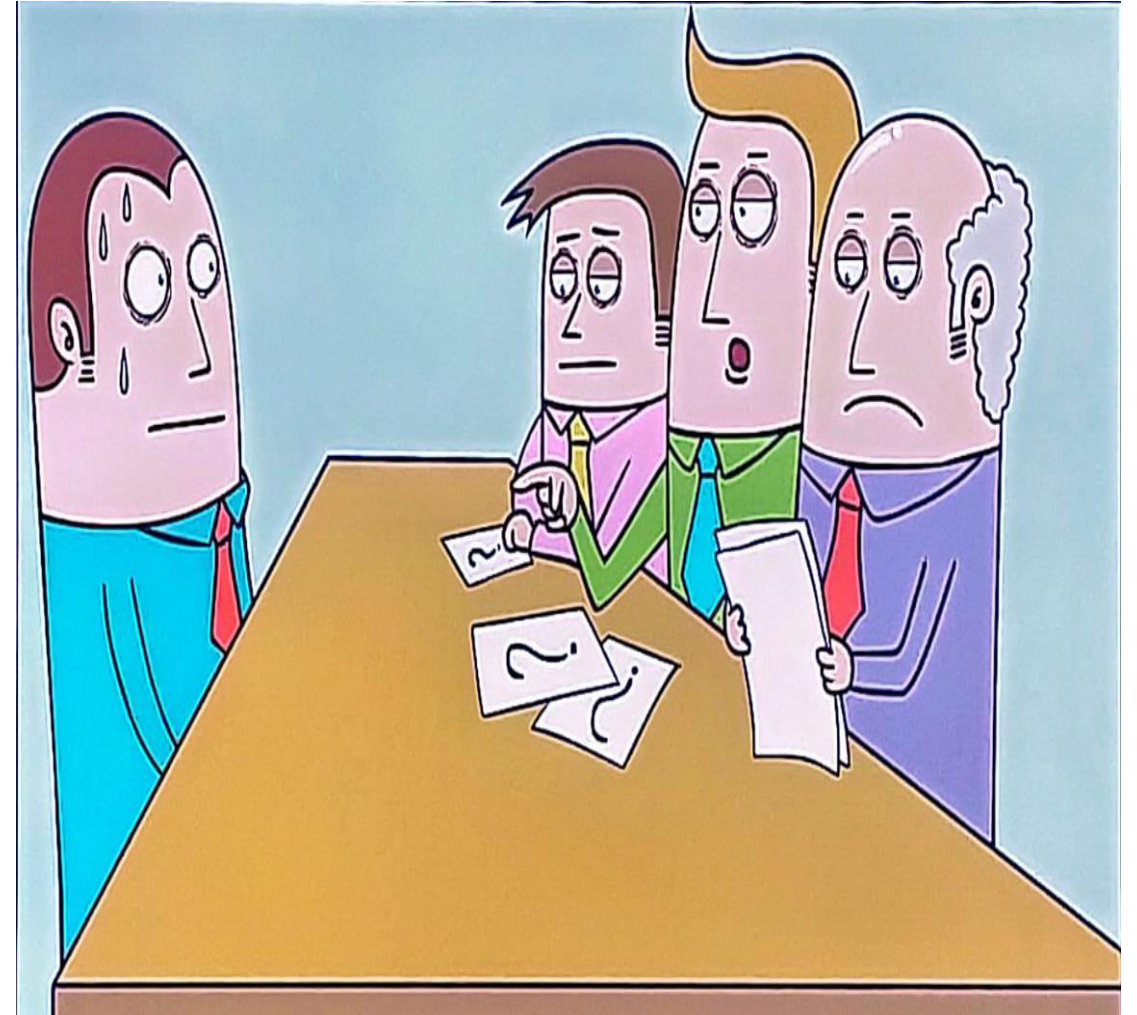
Items → Class test → Card → Term
Pre-prof → Prof → Supply → Re-supply

III. Professional Pursuits

IV. Peer and Senior Pressure

V. Financial Issues

VI. Family and Social Demand



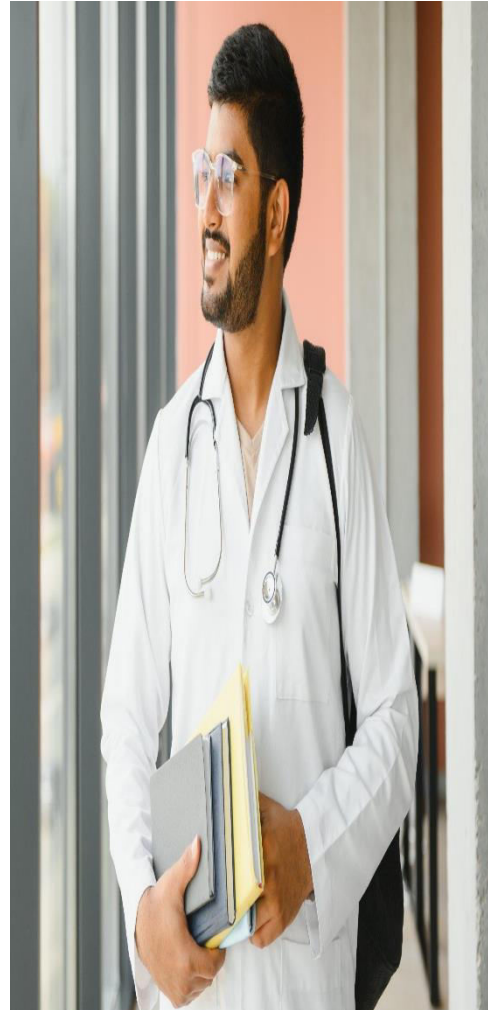
Motivators of Medical Students

Positive Motivators

- Noble profession
- Career aspiration
- Good teacher students relationship
- Recognition and Rewards
- Sufficient mental Health Support
- Successful patient outcome



SUCCESS



Negative Motivators

- Academic overload
- Faulty thought about career
- Toxic relationship (peer, senior, teacher)
- Sleep deprivation
- Lack of mental health support



Academic Relationship

Positive Motivator

- ✓ Creating mentally supportive environment
- ✓ Treating students with respect and impartiality
- ✓ Creative teaching approach
- ✓ Provide encouragement
- ✓ Encouraging them further in case of failure



Success → **Excellence**

Negative Motivator

- ✓ Inflexibility in teaching methods
- ✓ Threatening the students
- ✓ Bullying the students
- ✓ Demotivating the students
- ✓ Unfair and biased behavior



Failure

Teaching Method



Quick Recap of Previous Learning

Using Rewards Techniques

Teaching through Stories

Giving Feedback

Using Practical Examples

Emphasizing Effort over Innate Ability

Taking Quiz on Ongoing Topics

Watching Video Lesson Sometimes

Residence-Diet and Mental health



1. Caffeine
2. Nicotine
3. Salt
4. Preservatives (5000)
5. Steroid Hormones
6. Stimulant Drugs
7. Stressful Eating Habits



1. Vit-B Complex and vit C
2. Ca⁺⁺
3. Amino Acids
4. Omega3 Fatty Acids
(All the local fruits, Vegetables, Egg, Nuts, Walnuts, Garlic, Butter)



What is mindfulness?

- A. To be present in the moment
- B. To live with everything in mind
- C. Live with the past
- D. To think about the future



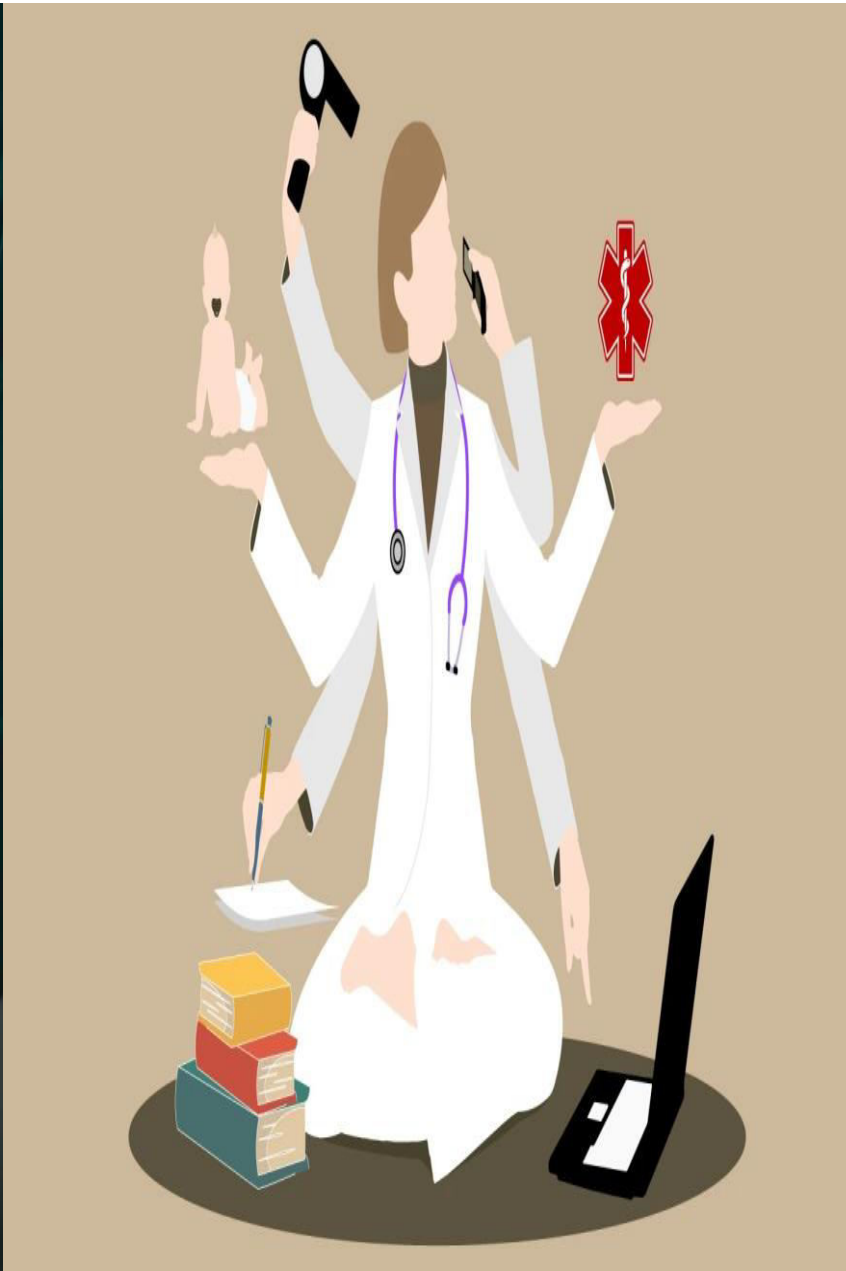
What are the positive motivators of medical student?

- A. Academic overload
- B. Toxic relationship
- C. Lack of mental health support
- D. Good teacher-student relationship

Journey



Struggle In Between



Leaving this world



অত্যধিক কাজের চাপ • মেলে না সাপ্তাহিক ছুটিও
দেশে পাঁচ বছরে ডাক্তারি ছাড়লেন
১১০০ ছাত্রছাত্রী, আত্মঘাতী ১১৯



পড়ালেখার চাপেই বিদায় মেডিকেল ছাত্র
সজীবের, লিখে গেলেন—‘নিজের সঙ্গে যুদ্ধ করে
ক্লান্ত, একটু বিশ্রাম চাই’

হাঙফাক



জগন্নাথ বিশ্ববিদ্যালয়ে
চার মাসে চার আত্মহত্যা



Red Alarm for Suicidal Attempt

I Love You.....



Topic: "Assessment Tools For written Examination "

a] Construction of MCQ

b] Configuration of PBQ

c] Framework of SAQ and SEQ

By

Department of Nephrology

Department of Biochemistry

Department of Plastic Surgery

Date : 4th August , 2025

Time : 08.00 am

Venue : Medical Education Unit (3rd Floor, College building, DMC)

All respected Faculties are cordially invited

Medical Education unit

Dhaka Medical College



Thank you

আনন্দলোকে মঙ্গলালোকে

আনন্দলোকে মঙ্গলালোকে বিরাজ সত্যসুন্দর॥

মহিমা তব উদ্ভাসিত মহাগগনমাঝে,
বিশ্বজগত মনিতুষণ বেষ্টিত চরণে॥

গ্রহতারক চন্দ্রতপন ব্যাকুল দ্রুত বেগে
করিছে পান, করিছে স্নান, অক্ষয় কিরণে॥

বসন্তরসিক