e-JOMS

MALAYSIAN JOURNAL OF MEDIA & SOCIETY

e-Journal of Media & Society

STUDENTS LIFE IN HOSTEL DURING COVID-19

Nur Syabrina Audra Amran, Nur Adriana Mohd Ruslan, Najaa Nazihah Mohd Badrol

Universiti Teknologi MARA, Melaka

Correspondent email: syabrinaaa@gmail.com

Abstract

There is already emerging evidence to what is happening here in Malaysia. University students stranded at campuses nationwide have been told to stay put until the end of the MCO starting on March 18. This decision has caused students having depression and anxiety due to various factors, including living in isolation, not being able to see their families, worry about their families' well-being, and concern on the impact of the lockdown on their study plans. There are good reasons to be concerned that prolonged isolation and separation from families will further adversely affect the mental health of students. It is not unexpected that parents would be worried about the well-being of children who are stranded on campus. For the methodology of this research, the researchers follow the research design of qualitative research. The researchers uses semi-structured interview in gathering information from the informants. One student from Universiti Utara Malaysia, one from UiTM Seri Iskandar, one from UiTM Perlis, two from UiTM Alor Gajah and two from UiTM Kuantan were interviewed. At the end, the researchers found out that most of the students are not happy with the news that they were not able to go back home for months and need to stay in their hostels during the pandemic of COVID-19 that begin to make them having mental breakdown and hard for them to live in the new norm.

Keywords: university students, stranded, campus, mental health, study

INTRODUCTION

According to the Coronavirus (2020), Coronavirus disease (COVID-19) is a communicable disease caused by a newly discovered coronavirus. In the public wits, the origin story of coronavirus seems well fixed which in late 2019, someone at the now world-famous Huanan seafood market in Wuhan was infected with an outbreak from an animal (Readfearn, 2020). However, business worker is not the only group of people who were affected by this pandemic howbeit bevy of student are also affected by this especially students who were stuck in their hostels. According to Abdullah (2020), it is approximately nearly 80,00 students are still on campus by the time the MCO enters its third phase. He also stated that each student that were unable to be back home has their own individual capacity for their mental toleration.

Nonetheless, since 12 April, The Ministry of Health is working with the National Security Council (NSC) arranging a plan that let university students desired to return to their hometowns to do so in a well-organized manner (Zainul, 2020). Yaakob (2020) reported that for Muslims, restricted human interaction, being apart from family and the prospect of spending Ramadan alone could guide to mental stress, depression, and even suicidal thoughts in students itself. On April 24, Senior Minister Datuk Seri Ismail Sabri Yaakob said that students who were stranded in their campuses can begin their journey back home from April 27. However, this is only applicable to students whose family homes are located in green zones and students involved will have to go through screening for symptoms before entering the buses and will be supplied with food and face masks (Sivanandam, 2020). Hence, starting on June 10, Malaysia will begin its first day of recovery MCO, which is scheduled to end on Aug 31. Under the recuperation MCO phase, social distancing rules continue to apply, but many more sectors will be reopened, as well as schools and social activities (Kaos, 2020).

PROBLEM STATEMENT

According to COVID-19 pandemic (2020), the coronavirus COVID-19 pandemic is the defining global health crisis of our time and therefore the greatest challenge we have got faced since World War Two. Since the COVID-19 pandemic descended upon us, nothing substantial has emerged from either of our education ministers, on re-

aligning these perspectives and it is mind boggling (Alatas, 2020). Education sectors is one of the sectors hurting from the COVID-19 crisis. Public and personal educational institutions are closed as a part of the MCO. Prof Dr Wan Kamal Mujani said that it would be wise for the students to remain where they were, not only to protect them from the disease but also to help the government contain the spread of the COVID-19 transmission (Redzuan & Alatas, 2020).

Following the statement above, the problem arise when there are still some of the students who were stranded in their hostels want to be back home directly. This include students from inside or outside of the country. Lee (2020), who trained as a cardiologist, said students do not have anywhere else to go aside from their hometowns. Furthermore, Ibrahim (2020) said that some of the parents of students also put the pressure on them and keep asking them to be back home instantly. Apart from that, some of the students who unable to return back home also begin to feel depressed and their emotions were also disrupted when suggestions from several quarters for the MCO to continue until Aidilfitri (Bakar, 2020).

Not only that, some students are also suffering a sense of sterility from being alone and constricted to their own rooms (Menon, 2020). Said (2020) said that there are one student were severely criticized by the public. It happened when the student itself upload a photo on his social media showing the food that were supplied for the students for free saying that the food given for them does not reach their standard. People from the internet described the student as not thankful as the food and accommodation were given to them for free by the government and the universities. As far as the resolution to go back or continue to stay on campus, there are factors being contemplate by students for example Internet connectivity, the situation back home, the welfare of their families and many more, said Professor Datuk Dr Othman A. Karim (Sani, 2020).

RESEARCH QUESTIONS

- Why students who unable to be back home are desired to be back despite Malaysia are still in Movement Control Order?
- How students manage their life while remain in the hostels while being in the pandemic of COVID-19?
- What types of challenges do students faced when they cannot return back home while in pandemic of COVID-19?

RESEARCH OBJECTIVES

- To identify why students who are unable to be back home are desired to be back despite Malaysia are still in Movement Control Order.
- To determine on how students managing their life by remain in the hostels while being in the pandemic of COVID-19.
- To study what types of challenges faced by the students while in hostels despite being in the pandemic of COVID-19.

LITERATURE REVIEW

Reasons Why Students Wants to Be Back Home

1. Family companion

Malaysia has imposed the MCO starting on March 18 to slow down the spread of COVID-19. It is noted that such measures will have a big impact on Malaysian citizen especially for students who were stranded in their hostels. Among the common issues faced by students during the MCO are related to their academics and homesickness. Universiti Malaysia Pahang Student Affairs and Alumni Department psychology officer Paridah Mat Ali said that these students might face real worries about their health, the virus and family conditions back home. With the MCO enforced and extended, they stripped off their normal routines and compelled to avoid social contact (Karim, 2020). However, staying with their family could be a meditation for them and help them become better under their family's supervision because family support is very therapeutic.

2. Disruption of emotion

There could be various reason of disruption of emotions. Data have shown a rising trend in students seeking counselling during the MCO period. This involved cases of anxiety and depression due to living in isolation. Meanwhile, there are also a student who suffered with emotional stress and depression and she became afraid of being left alone, especially in the dark. During such times, she suffered palpitations, breathing difficulties, vomiting, and had to sleep for more than 10 hours in order to recover back (Faris, 2020). According to Ibrahim (2020), most of the students' parents were the one that demanding to let their kids go home if the government decided to extend the MCO phase. The students however hesitate on whether they want to go back or not if the government decide to let students go home (Ruzki & Rohman, 2020).

3. Online classes

According to issues that faced by students in quarantine during the MCO could be related with their academics as they did not have any access to the internet at the college as the library usually closed during MCO. From a lack of internet access to disinterest by parents and teachers, online learning during the MCO is proving to be a challenge for students struggling to ensure that classes and assignment to be attended despite the turmoil caused by the COVID-19 pandemic (Thomas & Fong, 2020).The closure of higher learning institutions and the abrupt shift towards online learning, combined with the caution to stay put may hit the students hard, especially for those who are stuck in the university premises (Karim, 2020).

How Students Manage Their Life in Hostels

1. Self-studying

Self-study is a studying technique through which students conduct their very own research, outside the classroom and without direct supervision (Adler, 2009). According to Mchugh (2003), *"The Best Education Happens outside the Classroom"* which means that self-learning that takes place outside of the formal channels can be both informative as well as educational. To explain, self-learning ensures that learners learn outside the formal systems thereby giving them more flexibility and freedom to explore new avenues of learning (Browne, 2004). The fact that self-learning is

technologically enabled means that educational methods that are not usually the methods in classroom-based teaching can be made available to the learners thereby enhancing the value of such learning.

2. Watching movies

Aside from being a few hours of fun with friends and family, watching films can also be a form of therapy (Ekman, 1992). Apart from the obvious, escaping our own lives and problems for a short time. Being aware that movies can change the way we think, feel, and ultimately deal with life's ups and downs can make watching them invaluable. According to Hampton (2018), watching movies encourages emotional release. Even those who often have trouble expressing their emotions might find themselves laughing or crying during a film. This release of emotions can have a cathartic effect and also make it easier for a person to become more comfortable in expressing their emotions. This can be invaluable during counselling as well as in "*real life.*" Movies also can bring us a sense of relief, even if they stress us out first (Healey, 2001).

3. Take a good rest

According to Bullmore (2007), for an adult to function properly, the optimal amount of sleep they need is 7 to 8 hours of good sleep each night. It also makes our bodies more susceptible to viruses that will cause several ailments. On the other hand, the importance of rest and sleep and by having a good, regular sleep pattern will help keep those viruses at bay. It also will affect your mental and emotional health. Having a healthy mental and emotional health depends largely on how well you sleep (Greicius, 2008). Peterson (1997) said that "The brain basis of a mutual relationship between sleep and mental health is not yet completely understood. But neuroimaging and neurochemistry studies suggest that a good night's sleep helps foster both mental and emotional resilience".

Types of Challenges Faced by The Students While in Hostel

1. Stress

Akavoor and Shrivastav (2020) stated that staying away from home during the COVID-19 pandemic has been hard and has guide to an increase in stress among youth. There are some of students in the hostel, but the solace and safety of home is something the students always miss. Anuar (2020) said that students were being pressured into the enforcement of the MCO and this lengthened confinement will increase the stress levels among students who already have had to manage with the stress of academic life. Hence, students who have spent more than four weeks confined to their campuses seeking help to let them go back to their homes to see their parents (Thye, 2020). Abdullah (2020) uttered that parents and students are starting to be stressed because they have been in college for so long. Some students were beginning to show signs of stress, anxiety, and depression as time span of MCO are still unsure (Aling, 2020).

2. Mental health

Since the implementation of the MCO, many university students have not been able to go back to their hometowns or families, and for many the isolation and yearning to be with loved ones during this very frightening time, has propel them to having depressive suicidal thoughts (Christian, 2020). Compared to the outside community, the situations and challenges they face can be quite different because the movement of those on campus is confined to their residential college area and is confined to the outside world (Abdullah, 2020). As stated by Halid (2020), the pressure of the students may be higher than the previous two phases of the MCO as it has always been the desire of the students to return home with family especially during Ramadan.

3. Loneliness

Koetsier (2020) stated that staying a certain interval from others in public, and only going out of the house for essentials, it can still start to feel a lot like "cabin fever". COVID-19 has produced serious emotional challenges for young people. In fact, pandemic anxiety is almost three times more fretting to this age group of students in college than any other stress-creating experiences pre COVID-19. Now students are facing new, composite challenges such as acclimatizing to distance learning,

separation from peers, and concerns about family, health, and financial security. Loneliness was already a huge matter before this pandemic hit, and now students are more isolated than ever (Hope, 2020).

RESEARCH METHODOLOGY

Research Design

Qualitative Research

This research on student's life in hostel during pandemic of COVID-19 uses the guidelines and the format of the qualitative research method. Qualitative research is a research that involves unstructured and non-numerical data (Creswell, 2014). The researchers also use in-depth interview which involves conducting intensive individual interviews with a small number of respondents to explore their perspectives on a particular idea, program, or situation (Boyce & Neale, 2006).

Data Collection Strategy

Interview Type: Semi-Structured Interview

The researchers conducted semi-structured interview for this research, three major questions had been prepared by the researchers beforehand to help obtain the much-needed information. The researchers interviewed 8 students in total, one from UUM, one from Kolej Professional Mara Beranang, one from UiTM Seri Iskandar, one from UiTM Perlis, two from UiTM Alor Gajah, and last two from UiTM Kuantan. Semi-structured interview is a blend of closed and open-ended questions, often accompanied by follow-up of why or how questions and usually involves only one person at a time (Adam, 2015).

Stated below is the list of participants from all universities: -

a) **Universiti Utara Malaysia:** Nor Lijah (20)

b) **Kolej Professional Mara Beranang:** Iqbal (23)

c) **Universiti Teknologi Mara Seri Iskandar:** Nur Hakimah Hanim Binti
                                      Harifudin (20)

d) **Universiti Teknologi Mara Perlis:** Fakhira Amalia Binti Safwan (20)

e) **Universiti Teknologi Mara Alor Gajah: -** Annisa Farisya Binti Zamri (19)

- Nur Adilla Binti Raakob (20)

f) **Universiti Teknologi Mara Kuantan: -** Nur Asyikin Binti Mat Sulaiman

- Anis Hanani Binti Jefrizin

Unit of Analysis

According to Trochim (2020), the unit of analysis is the major entity that is being analysed in a research. There were a few categories that could be a unit of analysis study which are groups, individual, organization, social interactions artefacts and geographical units. The unit of analysis for this research is individual because the focus of the research is mainly on students that were stranded in their college amid COVID-19.

Sampling

1. Sampling Method: Non-Probability Sampling

In sampling method, there are two types of sampling methods that can be used which is probability sampling and non-probability sampling. According to Stephanie (2015), probability sampling is based on the fact that every member of a population has a known and equivalent possibility of being chosen. For this research, the researchers decided to use Non-Probability sampling to conduct this research to gather the information from our selected interviewee which is students who had been stranded in their hostel and did not get the chance to be back home.

2. Snowball Sampling

There are four types of non-probability sampling including convenience sampling, purposive or judgemental sampling, snowball sampling and quota sampling. As for this research, snowball sampling technique was conducted. These sampling methods requires a primary data source proposing other possible data sources that will be able to participate in the research studies (Bhat, n.d.). The researchers use snowball sampling method for this research which the targets is the students who were stranded in their hostels amid the COVID-19. The researchers succeed on looking for the

mentioned student by a direct conversation with the researchers friends and they provides the contact details of the other members who also had been stranded in the campus. The researchers got the contact details from a friend from different institutions as well. (Ridzuan et al., 2017).

Data Analysis

Thematic Analysis

Thematic analysis is a method of examining qualitative data. It is usually applied to a set of texts, such as interview transcripts (Caulfield, 2019). The researchers closely examines the data to recognize usual themes such as topics, ideas and patterns of definition that come up frequently.

FINDINGS AND DISCUSSION

RQ 1: Why students who unable to be back home are desired to be back despite Malaysia are still in Movement Control Order?

1. Family companion is needed for while in pandemic of COVID-19

According to Iqbal from KPM Beranang, some students want to go meet their family because it can prevent some sort of depression for those who cannot deal with the situation alone. Iqbal also thinks that at least when staying home expenses would normally support by parents, so students might be able to save a little bit of their own money.

Other than that, Nur Hakimah Hanim Binti Harifudin from UiTM Seri Iskandar said as Ramadan and Eid Al-Fitr is around the corner, she feels very jealous when seeing her friends at home, quarantine with their own family as she is stranded alone in the hostel.

Based on Annisa Farisya Binti Zamri from UiTM Alor Gajah said, some students including herself cannot live without their family for a long period especially during this COVID-19 issue that makes the students become more worried about their own and family safety as they live apart from each other for quite long.

2. Disruption of emotion while in campus alone

According to Fakhira Amalia Binti Safwan from UiTM Perlis, one of the reasons that the students wants to go home is because of the pressure they faced when in the campus. Some students are still stranded in their campus because of multiple circumstances. With a lot of thing going on, there are students who are not able to adapt as quickly as the others.

Annisa Farisya Binti Zamri from UiTM Alor Gajah said that living in hostel alone for a long time can make students feel lonely and distress as all their friends were mostly able to go back home.

Other than that, based on what Anis Hanani Binti Jefrizin said that some students prefer to stay at the campus but some parents also complaint when students from oversea can go back to their hometown after being in quarantine for 14 days, but local students stay stuck in the college. Hence, in response to that, some students felt confuse and pressure from their own parents to have them stay at home instead in the campus.

3. No wi-fi for online classes

According to Fakhira Amalia Binti Safwan from UiTM Perlis said, *"When ODL started, there is multiple meltdowns since adapting is fine but the process of it is quite troublesome. The internet is not the fastest at the campus since library is closed during the MCO".*

Based on Nur Hakimah Hanim Binti Harifudin from UiTM Seri Iskandar, she said that there is no Wi-Fi working on the hostels, which means the students' needs to go to the hall to get the internet access which could be troublesome as during this MCO students were encourage to stay in their rooms.

CONCLUSION REMARKS

In overall, there are a few reasons such as family companion that makes the student wants to go home despite during the MCO. How Does Family Life Effect Mental Health? (2020) stated that numerous studies have shown that social relationships, particularly family relationships, can have both long and short-term effects on one's mental health. It is also supported by Iqbal, Nur Hakimah and Annisa Farisya, stating that family relationships can substantially affect mental health,

behaviour, and even physical health. Disruption of emotion that happens to the students during the quarantine might makes them wanted to go home sooner than what they think of. The students also might be under pressure of feeling alone when their friend was not there together (Izzani, 2020). Also, online classes can become a great stress for students that stayed in the campus. This is because not all campus provide free internet for their students.

RQ 2: How students manage their life while remain in the hostels while being in the pandemic of COVID-19?

1. Studying for online classes

Nor Lijah, 20 from UUM said that most of the time spent on hostel was studying. Studying really distracts her from thinking too much or stressing about the pandemic that are happening and at the same time, she used the time that she had to finish her assignment. Thanks to that, she gained knowledge and finished her work within a short of time.

According to Iqbal, 23 a student from KPM Beranang said, *"I mostly just stay in my room. I will use my smartphone or laptop to study."* With today's technology, it is easy to gain knowledge regardless the situation or location. Knowledge can be gained every way, not only during physical class. It is only the matter of effort students give to gain knowledge every day.

2. Watching movies to release the stress and boredom

Based on Iqbal, 23 that currently studying at KPM Beranang, the routine he had most of the time to manage his life during the pandemic of COVID-19 is watching movies. Platform such as YouTube and Netflix provided a lot of movies to watch that can make students life productive at their hostels.

Annisa Farisya from UiTM Alor Gajah, Melaka said *"Other than attending online classes, I do things that I love such as watching movie so that I will not feel stress".* Doing things that we love surely makes time running fast and keeping us busy.

3. Take a good rest

According to Annisa Farisya from UiTM Alor Gajah, Melaka, most of her time she just rest and reschedule her sleeping routine because during the usual class she did not get enough of sleep. The busy days that students need to face for the whole semester make the students lack of rest. The positive side of this pandemic situation is students now can feel less burden and have a good rest.

Based on Iqbal, a student from KPM Beranang, said that *"I usually watch something to distract myself from thinking about being alone. Sleeping is very useful".* With sleeping, he can let his mind free from the problem that he needs to face during this pandemic of COVID-19.

CONCLUSION REMARKS

In overall, the students have their own ways to make their life productive while being on their hostels during COVID-19. It is supported by Nor Lijah and Iqbal which some spent their time studying and adapting the new ways of studying. When using distance learning, students work online at home while the teacher assigns work and checks in digitally (Stauffer, 2020). Heath (2019) stated that by watching the right movies can help to provide students with valuable inspiration and motivation, which can be hugely beneficial when it comes to keeping your goals in mind and aiming as high as possible with your academic achievements. This statement is also supported by Annisa Farisya and Iqbal. Students use this opportunity to reschedule their sleeping pattern. Getting enough sleep is essential for helping a person maintain optimal health and well-being. When it comes to their health, sleep is as vital as regular exercise and eating a balanced diet (Weatherspoon, 2019).

RQ 3: What types of challenges do students faced when they cannot return back home while in pandemic of COVID-19?

1. Students mental health was affected

According to Nor Lijah, students from north area of Malaysia, UUM, admit that her mental health is slightly affected due to her jealousy of her friends at home despite that she is still in her hostel alone without any family companion.

Based on Annisa Farisya Binti Zamri, currently in second semester in UiTM Alor Gajah, Melaka express that she is also fighting with her mental health while being in the hostel alone. She said that it is hard for her to stay away from her family during this pandemic as she always got worried about her family well-being.

While Nur Adilla Binti Raakob, studying at the same place as Annisa but in the fourth semester now said that her anxiety do influence her own mind making her think that she did not manage her time properly. *"Maybe due to my anxiety risen a lot during MCO, that is why I think I do not have a lot of time even though I actually have plenty of time".*

2. Handling stress adapting to new things

Iqbal, 23 currently pursuing his study in KPM Beranang said that because of the lack of companion, it does make him stress and he do not have anyone to talk to. Along with the new restrictions made while in college, he cannot go out and somehow need to control money spending that lead him being stressful.

Based on Nur Hakimah Hanim Binti Harifudin from UiTM Seri Iskandar, she also experience a sense of stress when her flight got cancelled because of the MCO. *"My ticket are from KLIA to Sabah, Tawau. Almost all of the flights got cancelled last minute".*

Fakhira Amalia Binti Safwan, students from UiTM Perlis who held a position as Student Representative Council said that it was quite stressful for her as she need to handle students who are distress regarding the ODL, MCO or other students problems, need to encounter with parents that urge their child to be send back home immediately and need to help students who are stranded at other places such as KL or Johor and others. The feelings of stress is there since she need to solve the problem in a very short period.

As stated by Nur Adilla Binti Raakob from UiTM Alor Gajah, Melaka, she also feeling helpless when she is stress because it is hard for her to handle it. She ended up crying all the time because she is scared.

3. Feeling lonely in hostels without anyone

According to Iqbal, 23 years old student from KPM Beranang said that he feels some sort of loneliness while being alone in hostels. Since he is alone in the hostel, he do not have anyone to talk to face to face.

Nur Hakimah Hanim Binti Harifudin from UiTM Seri Iskandar stated that she feels lonely sometimes while being alone and she usually watch something or go to sleep to distract herself from thinking about being alone.

Based on Annisa Farisya Binti Zamri, a student from UiTM Alor Gajah, Melaka express her feeling of loneliness. Since she is alone in the hostels, it make her overthink about her own safety since she is scared.

CONCLUSION REMARKS

Students who have stayed back at hostels are appreciative of the administration's efforts to supply them their basic needs, but struggle with isolation and anxiety (Dundoo, 2020). Some university already create a tele-counselling hotline and a 24-hour Telegram service where they update the students about COVID-19 and also to share info's regarding mental health information since plenty of students got effected while staying alone in the hostels (Menon, 2020). Karim (2020) suggest that students need to stay connected with their family and friend by asking how they are doing to keep worries at bay. Abdullah (2020) support the statement by Nur Adilla Binti Raakob as each student has their own individual capacity for mental toleration and many of those grappling would not find the motivation to engage in such activities.

CONCLUSION

In this research, after the researchers did a little study through reading some articles and interviewed some of the students, the researchers found out that the student's life in the hostels during COVID-19 was not something as easy as it sounds like. One of the most significant point stated by the students is that most of them wants to go home because they miss their family and thus lead to disruption of emotion because of the pressure of being alone and stress when staying at the campus. Furthermore, the students also struggled the most in handling their stress while

adapting to new things. One of the interviewees even agreed that the feeling of helpless when stress took over is very hard to handle and it end up getting worse. That is why during the MCO, most of the universities offer tele-counselling services for their students and staff in case, they need psychological support during COVID-19. However, there were also some cases that cannot be solved by the counselling like Nur Hakimah, one of the participants where she experience a sense of stress when her flight to Sabah were cancelled last minute. This show that it is not only affects emotions but also financially. The students also suggest some others way that they did in order to keep their lives productive and distract themselves from any disruptions such as watching movies and spending the time by slowly trying to adapt with Online Distance Learning (ODL). To conclude, those students might be very impudent by demanding to go home despite the MCO to some people, however people have to try to understand from the students' perspective that there is a lot of reasons that made them begging to the government to let them go home despite the MCO.

RECOMMENDATIONS

- The government could take another initiative by starting to bring the students back home but with a strict standard operating procedure (SOP) especially for those within the green zone. For example, The SOP should require students to undergo temperature screenings before boarding the buses and to be quarantine for another 14 days when they were at home for precautions.
- The facility of the universities should be improved drastically. A well-equipped facility such as free Wi-Fi will help the students greatly in their Online Distance Learning in the campus to avoid the students becomes emotional unstable because of the stress.
- Students can spend time with their loved ones for free using video conferencing. Google and Microsoft announced that their conferencing tools are now free. Students can do it now with their family and friends, using the same tools. It can make the students stay connected with the love ones regardless the location.
- Exercise can be practice as a daily routine for students to stay healthy. Students can search on YouTube about any workout videos that they can follow in their

hostels. Just type in the search bar and students can find shortage of workout videos following their needs.

- Universities can provide a moving counselling where they go to students hostels one by one every day to check up on their mental and physical health to make sure their welfare is well taken care of. It also can be applied to the students who were having a hard time to adapt to this new life while in home by making e-counselling for the students to use.

- Universities also should allow students who were stranded in the hostels to freely move in their own dormitory only. What that means is they should let the students go to their friends room or the room besides them for them to remove their boredom that lead to loneliness. This can be applied after the students are in their hostels for more than 14 days which is the length of the quarantine.

REFERENCES

Abdullah, M.A.F. (2020, April 15). Wabak Covid-19 ; Mahasiswa Manja & Kesihatan Mental: Sejauh Mana Kebenarannya? Retrieved from: https://medium.com/@adibbtp/wabak-covid-19-mahasiswa-manja-kesihatan-mental-sejauh-mana-kebenarannya-63a748245469

Abdullah, M.A.F. (2020, April 16). *Covid-19 Outbreak : Spoiled Students & Mental Health -Restrictions of the Truth?* Retrieved from: https://medium.com/@adibbtp/covid-19-outbreak-spoiled-students-mental-health-restrictions-of-the-truth-1da04180247e

Abdullah, R. (2020, April 21). COVID-19: Kerajaan sedia benar pelajar IPT balik kampung dengan SOP ketat. *Astro Awani.* Retrieved from: http://www.astroawani.com/berita-malaysia/covid-19-kerajaan-sedia-benar-pelajar-ipt-balik-kampung-dengan-sop-ketat-239425

Adam, W. (2015). Conducting Semi-Structured Interviews. *ResearchGate*, 10(19), 492-493.

Adler. (2009). Quantifying the literature of computer-aided instruction in medical education. *Acad Med*, *75*(10), 1020-2022.

Akavoor, S. & Shrivastav, A. (2020, April 28). Covid-19: Experts suggest picking up new hobbies to cope with stress amid lockdown. *The Times Of India.* Retrieved from: https://timesofindia.indiatimes.com/india/covid-19-experts-suggest-

picking-up-new-hobbies-to-cope-with-stress-amid-
lockdown/articleshow/75430349.cms

Alatas, S. M. (2020, April 15). Covid-19 a wake-up call for education. *FreeMalaysiaToday.* Retrieved from: https://www.freemalaysiatoday.com/category/opinion/2020/04/15/covid-19-a-wake-up-call-for-education/

Aling, Y.D. (2020, April 15). Ada penuntut universiti mula tertekan. *Metro*. Retrieved from: https://www.hmetro.com.my/mutakhir/2020/04/567022/ada-penuntut-universiti-mula-tertekan

Anuar. (2020, April 23). 'Tak sabar jumpa keluarga'. *Berita Harian Online*. Retrieved from: https://www.bharian.com.my/berita/nasional/2020/04/680671/tak-sabar-jumpa-keluarga

Bakar, A. A. (2020, April 12). Pelajar mula alami tertekan susulan lanjutan PKP, kata majlis perundingan pelajar. *FreeMalaysiaToday.* Retrieved from: https://www.freemalaysiatoday.com/category/bahasa/2020/04/12/pelajar-mula-alami-tertekan-susulan-lanjutan-pkp-kata-majlis-perundingan-pelajar/

Bhat, A. (n.d.). Snowball Sampling: Definition, Method, Advantages And Disadvantages. Retrieved from: https://www.questionpro.com/blog/snowball-sampling/

Boyce, C. & Neala, P. (2006). CONDUCTING IN-DEPTH INTERVIEWS: Conducting In-Depth Interviews for Evaluation Input. *Pathfinder International*, 2(2), 1-3.

Browne Mt. (2004). Comparing lecture and e-learning as pedagogies for new and experienced professionals in dentistry. *Br Dent*, 197(2), 95-97.

Bullmore. (2007). Efficiency and cost of economical brain functional networks. *PLoS Comput Biol*, *3*(2), 17.

Caulfield., J. (2019, September 6). How to do thematic analysis. Retrieved from: https://www.scribbr.com/methodology/thematicanalysis/#:~:text=Thematic%20analysis%20is%20a%20method,meaning%20that%20come%20up%20repeatedly.

Christian, L. L. (2020, April 14). Mental Health Matters: Malaysian Takes Stand For Students Stuck On Campus With Suicidal Thoughts. *World Of Buzz.* Retrieved from: https://worldofbuzz.com/mental-health-matters-malaysian-takes-stand-for-students-stuck-on-campus-with-suicidal-thoughts/

Coronavirus. (n.d.). Retrieved from: https://www.who.int/health-topics/coronavirus#tab=tab_1

COVID-19 pandemic. (n.d.). Retrieved from: https://www.undp.org/content/undp/en/home/coronavirus.html

Creswell, J. W. (2014). Educational research : planning, conducting, and evaluating quantitative and qualitative research. *Harlow: Pearson Education Ltd, 4* (1), 236-237.

Dundoo, S. D. (2020, April 11). COVID-19 effect: Hostel students at University of Hyderabad stare at long, lonely days. *THE HINDU.* Retrieved from: https://www.thehindu.com/news/cities/Hyderabad/covid-19-effect-hostel-students-at-university-of-hyderabad-stare-at-lonely-days/article31315720.ece

Ekman TW. (1992). Are there basic emotions? *Psychological Review*, *99*(3), 550-553.

Faris, M. (2020, April 14). Staying on campus during MCO a strain on students. *New Straight Times.* Retrieved from: https://www.nst.com.my/opinion/columnists/2020/04/584261/staying-campus-during-mco-strain-students

Greicius A. (2008). Resting-state functional connectivity in neuropsychiatric disorders. *Curr Opin Neurol*, 2*1*(4), 424-430.

Halid, S. (2020, April 13). *COVID-19:* Universiti kena jaga kesihatan mental pelajar. *Berita Harian Online.* Retrieved from: https://www.bharian.com.my/berita/nasional/2020/04/676692/covid-19-universiti-kena-jaga-kesihatan-mental-pelajar

Hampton L. (2018, November 24). How watching movies can help your mental health. Retrieved from: https://www.thebestbrainpossible.com/movie-help-mental-health-therapy/

Healey RE. (2001). Toward Machine Emotional Intelligence: Analysis of Affective Physiological State. *IEEE Transactions on Pattern Analysis and Machine Intelligence*, 23(10), 1175-1191.

Heath, P. (2019, September 9). Why Watching Movies Is Good For You As A Student. *The Hollywood News.* Retrieved from: http://www.thehollywoodnews.com/2019/09/09/why-watching-movies-is-good-for-you-as-a student/#:~:text=Providing%20Motivation%20and%20Inspiration&text=Watching%20the%20right%20movies%20can,possible%20with%20your%20academic%20achievements.

Hope. (2020, April 7). Combating Loneliness and Isolation in College Students During the COVID-19 Pandemic. Retrieved from: https://www.ptcommunity.com/wire/combating-loneliness-and-isolation-college-students-during-covid-19-pandemic

How Does Family Life Affect Mental Health? (2019, August 3). Retrieved from: http://www.mentalhealthcenter.org/how-does-family-life-affect-mental-health/

Ibrahim. D. (2020, April 9). Ibu bapa harap pelajar IPT dibenar balik jika PKP lanjut lagi. *The Malaysian Insight.* Retrieved from: https://www.themalaysianinsight.com/bahasa/s/236107

Izzani, Z. (2020, April 16). Give confined students option to return home.*The Sun Daily.* Retrieved from: https://www.thesundaily.my/opinion/give-confined-students-option-to-return-home-AA2266057

Karim, M.A. (2020, April 8). Handling students' mental health during MCO. *New Straight Times.* Retrieved from: https://www.nst.com.my/education/2020/04/582504/handling-students-mental-health-during-mco#:~:text=Among%20the%20common%20issues%20faced,of%20getting%20infected%20and%20homesickness.%E2%80%9D

Kaos, J. (2020, June 10). Covid-19: Two new cases, the lowest since MCO began, one death. *The Star.* Retrieved from: https://www.thestar.com.my/news/nation/2020/06/10/covid-19-two-new-cases-the-lowest-since-mco-began-one-death

Koetsier, J. (2020, May 23). 25 Million Students On COVID-19: 'Depression, Anxiety And Loneliness' Hitting Peak Levels. Retrieved from: https://www.forbes.com/sites/johnkoetsier/2020/05/23/25-million-students-on-covid-19-depression-anxiety-and-loneliness-hitting-peak-levels/#58d2e93f77b8

Lee, J. (2020, April 14). Mental health effects of school closures during COVID-19. *The Lancet.* Retrieved from: https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30109-7/fulltext

Mchugh D. (2003). Teaching periodontal pocket charting to dental students. A comparison of computer assisted learning and traditional tutorials. *Br Dent J, 195*(6), *329-333.*

Menon, S. (2020, April 15). Students anxious but ready to see it through. *The Star.* Retrieved from: https://www.thestar.com.my/news/nation/2020/04/15/students-anxious-but-ready-to-see-it-through

Petersen, S.E. (1997). Common blood flow changes across visual tasks: II. Decreases in cerebral cortex. *Cognitive Neuroscience, 9* (5), 648-663

Ridzuan, A.R., Abu Bakar, A., Abdul Latiff, D, I., Ismail, S., Alias, N. E., Othman, R., Koe, W. L., and Ilyas, Y, I. (2017). The Relationship Between Social Networking Site Factors, Ethnocentrism and Social Solidarity. *Advanced Sceince Letters.* 23(8), 7650 -7652.

Readfearn, G. (2020, April 15). How did coronavirus start and where did it come from? Was it really Wuhan's animal market? *The Guardian.* Retrieved from: https://www.theguardian.com/world/2020/apr/15/how-did-the-coronavirus-start-where-did-it-come-from-how-did-it-spread-humans-was-it-really-bats-pangolins-wuhan-animal-market

Redzuan, I. & Alatas. (2020, March 26). Covid-19 pandemic exposes shortcomings in varsity education. *FreeMalaysiaToday*. Retrieved from: https://www.freemalaysiatoday.com/category/opinion/2020/03/26/covid-19-pandemic-exposes-shortcomings-in-varsity-education/

Ruzki, R.F. & Rohman, M.A.P. (2020, June 11). COVID-19: Kerajaan timbang benarkan pelajar universiti pulang. *Berita Harian Online.* Retrieved from: https://www.bharian.com.my/berita/nasional/2020/04/679812/covid-19-kerajaan-timbang-benarkan-pelajar-universiti-pulang

Said, S. (2020, April 11). Bekas mahasiswi 'basuh' pelajar tak reti bersyukur, habis dipecahnya rahsia 'tambang bas dan 3 paket maggi.- "Tak berduit tapi saya tak miskin". *mStar.* Retrieved from: https://www.mstar.com.my/lokal/viral/2020/04/11/bekas-student-basuh-pelajar-komplen-makanan-pkp

Sani, R. (2020, April 23). Universities prepared to aid students' journey home. *New Straits Times.* Retrieved from: https://www.nst.com.my/news/nation/2020/04/587000/universities-prepared-aid-students-journey-home

Sivanandam, H. (2020, April 24). MCO: Students, you can go home again, starting April 27. *The Star.* Retrieved from: https://www.thestar.com.my/news/nation/2020/04/24/mco-students-you-can-go-home-again-starting-april-27

Stauffer, B. (2020, April 2). What's the Difference Between Online Learning and Distance Learning? Retrieved from: https://www.aeseducation.com/blog/online-learning-vs-distance-learning

Stephanie. (2015, June 26). Probability Sampling: Definition,Types, Advantages and Disadvantages. Retrieved from: https://www.statisticshowto.com/probability-sampling/

Thomas, J., & Fong, D. R. (2020, April 3). Playing catch-up with online learning during MCO. *Free Malaysia Today News.* Retrieved from: https://www.freemalaysiatoday.com/category/nation/2020/04/03/playing-catch-up-with-online-learning-during-mco/

Thye, T. S. (2020, April 22). Emotional support, stress relief vital for mental health of students confined on campus. *The Star.* Retrieved from:

https://www.thestar.com.my/opinion/letters/2020/04/22/emotional-support-stress-relief-vital-for-mental-health-of-students-confined-on-campus

Trochim, P. W. (2020, March 10). Unit of Analysis. Retrieved from: https://conjointly.com/kb/unit-of-analysis/

Weatherspoon, D. (2019, May 31). Why Sleep Is Essential. *Medical News Today.* Retrieved from: https://www.medicalnewstoday.com/articles/325353

Yaakob. (2020, April 21). Doctors group tells how stranded varsity students can go home safely. *FreeMalaysiaToday.* Retrieved from: https://www.freemalaysiatoday.com/category/nation/2020/04/21/doctors-group-tells-how-stranded-varsity-students-can-go-home-safely/

Zainul, E. (2020, April 21). Plan for quarantined university students to return home in the works. *The Edge Markets.* Retrieved from: https://www.theedgemarkets.com/article/plan-quarantined-university-students-   return-home-works