



**Faculty of Administrative Science & Policy Studies  
Universiti Teknologi MARA Bachelor of Administrative Science**

**FACTORS AFFECTING UiTM SEREMBAN 3 STUDENT'S MENTAL HEALTH  
DUE TO ONLINE LEARNING**

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### **ABSTRACT**

Students are under much pressure due to the current pandemic, forcing them to study online. Though online learning is not a new norm in the current technologically advanced era, students, lecturers, and faculty administration are still facing difficulties in switching to full-time online learning from the previous face-to-face learning of physical classes where the student attended the class and learned directly face to face. This has led to the student developing several mental health issues due to online learning during the pandemic, especially depression, anxiety, and stress, which greatly impact the student's mental state. A few cases of mental health issues are because of heavy workloads where unrealistic deadlines cause people to feel rushed, under pressure, and overwhelmed. In addition, the student environment causes students to feel suffocated amid the excessive workload. Finally, the loss of human interaction with friends, lecturers, and family during online learning causes students to feel exhausted, fatigued, and depressed. The research is conducted by distributing questionnaires to students from UiTM Seremban 3. The total respondent is 323. In the findings, the workload has a great effect on the student's mental health, the environment does not have a big impact on the student's mental health, and the loss of human interaction does not greatly affect the student's mental health.

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