



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

Bachelor of Administrative Science

Title of Proposal

**The Impacts of Online Distance Learning (ODL) Towards Students'
Mental Health**

Name of Students

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ABSTRACT

This study focuses on the elements that contribute to the impact of Online Distance Learning (ODL) on the mental health of Klang Valley students, including Lack of Interaction and Social Isolation, Standard Level of Living, and Readiness and Acceptance. Absence of communication, lack of Internet connection, and a lack of motivation were some of the most prevalent issues raised throughout these sessions. In order to answer all of the questions raised in the discussion, this study employed a quantitative approach based on a questionnaire survey to answer all of the questions. Secondary sources, such as academic journals, newspapers, and scientific blogs, were also utilized in the study. Lack of Interaction and Social Isolation, Standard Level of Living, and Readiness and Acceptance all impact the mental health of students participating in Online Distance Learning, according to the study's findings. Lack of Interaction and Social Isolation affected the mental health of students the most out of the three factors.

Keywords: Mental health, Online Distance Learning, Interaction and Social Isolation

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