



Faculty of Administrative Science & Policy Studies  
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Bachelor of Administrative Science

“The Impact of E-learning on Mental Health Among Students  
in UiTM Seremban 3 During COVID-19”

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## **ABSTRACT**

The purpose of this study was to identify the impacts of e-learning towards mental health among students in UiTM Seremban 3 during COVID-19 which includes the level of social interaction, living environment and self-motivation. This research involved 357 students at UiTM Seremban 3. In addition, this research also aims to produce a positive relationship between independent variables and dependent variables. Researchers have also found that studies have shown that e-learning and self-motivation are the most important factors that influence students' mental health. Researchers took the initiative to use an online questionnaire approach to obtain responses from students of UiTM Seremban 3. Therefore, the results of the study found that self-motivation among students plays an important role in ensuring students have a good level of mental health. Hence, students need to manage themselves well such as manage their time for study and rest to avoid stress. Students also should ask for help if students need someone who can listen to their problems and get moral support. This study concludes that e-learning has an impact on students' mental health.

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