

Universiti Teknologi MARA

Faculty of Administrative Science & Policy Studies



**A STUDY ON THE EXPERIENCE WITH ONLINE
DISTANCE LEARNING (ODL) AND ITS IMPACT ON
MENTAL HEALTH AMONG UNIVERSITY STUDENTS**

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FEBRUARY 2022

ABSTRACT

Mental health among university students have been affected ever since online distance learning happens in Malaysia. The purpose of this research is to examine the experience of online distance learning and its impact on mental health among university students related with emotional stress, physical pain, and family problems. It is conducted among the students of UiTM Seremban 3 by distributing survey questionnaire which is quantitative method rather than doing physical interview or interview through phone calls. It is important to ensure that the mental health among university students is in good condition to make sure they can perform in their studies. This research re-examines the relationship between mental health among university students and impacts of online distance learning. There are a few scholars and references from different journals that proved mental health among university are affected during online distance learning. The findings of this research found out about research methodology, findings and analysis, and discussion in detail regarding the analysis. The analysis found in this research explains in detail regarding the impacts of online distance learning towards mental health among university students as it explains about significant and insignificant relationship that have been found. Quantitative methods which are obtained mainly from secondary sources such as academic journals, articles, previous research, and newspapers are used in this research to strengthen the explanation. As a result, this research has provided information to the students on how to maintain a good mental health.

Keywords: Online Distance Learning, Mental Health, university students, UiTM Seremban 3, experience of ODL

ACKNOWLEDGEMENT

The completion of this research proposal could not have been possible without the participation and assistance of so many people whose names may not all be enumerated. Their contributions are sincerely appreciated and gratefully acknowledged. However, we would like to express our deep appreciation particularly to our supervisor, Dr. Nurul Hidayana binti Mohd Noor for teaching us and provide assistance to ensure that we managed to finish our research proposal successfully.

Above all, to our families and classmates who have been supporting our journey in finishing this research proposal.

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