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THE EFFECT OF E-LEARNING ON STUDENT'S MENTAL HEALTH DURING COVID-19 PANDEMIC

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ABSTRACT

In early of 2020, Covid-19 outbreak has pushed over a million of university students around the world into the E-learning process. Without realizing any of the effect towards student, this online learning process give a lot of pressure to student mental health that rapidly become the most critical issues nowadays. Generally, the toughest part of these E-learning process for a student to adapt into a new environment they unfamiliar with definitely bring up the anxiety, depression, stress if compare with face to face classes. To better understand the current situation, this study examines the work overload, depression, and the difficulty on concentration as predictor of the effect of E-learning on student's mental health that causes by the pandemic Covid-19. The sample will be students studied in KUPTM. This study will be conducted on final semester student's at KUPTM Kuala Lumpur by distributed an online survey and questionnaire for them to fill in. The expected findings of this study indicated that all predictors have a positive and significant relationship with student's mental health.

Keywords: Covid-19, Student mental health, work overload, depression, difficulty on concentration