Impact of Distance Learning on Mental Health During COVID-19: A Review

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Abstract

The COVID-19 pandemic requires physical activity to reduce its spread. Physical restrictions have a direct impact on the closure of school activities. Distance learning is an alternative for school activities that do not require direct learning communication in one room. However, distance learning can have an impact on students' mental health. This study aims to determine the impact of distance learning during the COVID-19 pandemic on students' mental health.

Keywords: COVID-19, Distance Learning, Mental Health

1. Introduction

COVID-19 is a disease caused by the SarsCoV2 coronavirus, which was first reported on December 31, 2019 in Wuhan, China. COVID-19 was declared a pandemic by the World Health Organization (WHO) on March 11, 2020 (World Health Organization, 2020). The COVID-19 pandemic has caused some countries to restrict all daily activities to minimize the spread of infection. Schools that are closed cause teaching activities to experience difficulties, so distance learning is the only alternative that can be used. School closures and distance learning resulting from activity restrictions due to COVID-19 may have both positive and negative effects on children's physical and mental health (Picca et al., 2021). Potential health issues which are most likely the result of forced distance online learning necessitate a separate investigation right away (Virtič et al., 2021). Therefore, mental health that is affected by distance learning needs to be considered carefully.

Mental health is a problem that really needs attention. Many studies are conducted with the aim of tackling mental health problems and seminars are conducted with the aim of informing the public about the importance of mental health. Mental health problems often arise due to the negative response of the surrounding environment towards a person (Schmidt, 2007). Mental health problems can also arise as a result of the person's negative thoughts on the surrounding environment. Our emotional, psychological, and social well-being are all part of our mental health. It has an impact on how we think, feel, and act. It also influences how we deal with stress, interact with others, and make decisions. Mental health is vital at all stages of life, including childhood, adolescence, and maturity (Otto, et al. 2020). Anxiety and depressive disorders are the most commonly diagnosed mental illnesses impacting people in the United States today, particularly youth. Teenagers' relationships, mood, energy levels, and academic achievement are all affected by mental illness. Thousands of schools deliver education to pupils every day, while millions of students with mental illnesses fall through the cracks and go unnoticed every day. With the number of kids committing suicide on the rise, it's more vital than ever for parents, teachers, and administrators to be aware of the warning signs of mental illness.

Students are at a higher risk of acquiring mental health issues, according to study, as many people first encounter mental health issues or seek help while at university. Students' experiences with various indicators of mental health illnesses will eventually have an impact on their education in the form of poor learning accomplishment and psychological development. The impact on learning achievement is manifested by a decline in the ability to absorb the content being taught, as well as the inability to finish assignments or tests, all of which lead to lower learning outcomes defined by non-standard values. While psychological development is linked to the problem of juvenile delinquency in the form of violent conduct, promiscuity, immoral activities, and so on; discipline in the form of

cheating, disobedience to order, untidiness in dressing, and so on; and so on. It occurs in mental problems as a frigid attitude toward the environment, always grumpy, and looks

Distance learning is distance learning that allows each student and teacher not to meet in one room. Distance learning has two methods, namely synchronous and asynchronous (Mandasari and Wulandari, 2021). Synchronous learning is based on simultaneous interactions between teachers and students through the use of teleconferencing technologies. Asynchronous learning, on the other hand, can be done at any moment and does not have to be done at the same time. Synchronous communication occurs when two or more people communicate at the same moment (in real time) through an intermediary such as a computer, smartphone, or other device. Asynchronous communication occurs when two people communicate at different times. Educators are taken aback because they must swiftly alter the structure, syllabus, and learning method. While studying at home, students stammered because they had a stack of assignments. Meanwhile, parents of students are anxious as they follow their children's learning with tasks, in addition to worrying about their own lives and careers in the midst of a crisis.

Lack of direct communication and guidance makes students experience stress. The stress experienced by students occurs because they do not understand the teaching materials. Consultation regarding the lack of understanding of teaching materials is very difficult to do when distance learning. In addition, the absence of direct interaction with fellow students makes students feel that they are facing difficulties on their own without accompanying friends. Therefore, this study conducted a study on the impact of distance learning on mental health during the COVID-19 pandemic.

2. Materials and Methods

The method used in this study is a literature review. The literature search was focuses on impact of distance learning during COVID-19 on mental health. Literature search was carried out on the Scopus database with keywords related to the topic. To add reference to the literature review, articles citing the literature found in the Scopus search were topic-checked and entered into the database. The selection of titles and abstracts is carried out before the literature review is carried out. Several factors that occur by distance learning are studied in more depth, including:

(a)   Motivation,
(b)   Personal Relationships,
(c)   Grades, and
(d)   Environment.

3. Results and Discussion

The study conducted by Rahali et al. (2020) in Morocco has shown students experience stress during distance learning. According to the findings, imposing distance learning as a learning procedure on students causes a significant amount of stress in 49 percent of the students studied. Indeed, students' complete absorption in the distance learning process has clearly resulted in technical and pedagogical stumbling blocks for (87%) of the questioned student population, as well as psychological stumbling blocks for (27%) of the respondent population.

Davis et al. (2021) explores the relationship between distance learning and the mental health of proxy educators. The study found that parents with children struggling with distance learning experienced increased mental stress. Students' academic progress is ultimately determined by their parents' emotional health, which shapes their children's learning environment. During the COVID-19 pandemic in Jordan, (2021) found that healthcare students had a low degree of health-related quality of life.

Lyubetsky et al. (2021) assesses indicators such as academic performance satisfaction, depression severity, and anxiety symptoms. The findings revealed that the prevalence of depression and anxiety symptoms among students was considerably greater throughout the distant learning period when compared to similar indicators obtained during full-time education. The results show that switching from one learning method to another can be stressful.

Garcia et al. (2021) present an empirical investigation to see if distant learning caused students to develop learned helplessness and mental health difficulties. Students were shown to be more distracted by family members, the availability of entertainment that they would not have if they were physically in class, and a lack of organization. Students are increasingly using online communication tools to communicate with peers and are looking for ways to imitate a classroom setting. Students who felt that the transition to totally online learning had harmed their grades were more distracted by their surroundings. Students who believed their grades were negatively influenced, on the other hand, tended to believe that their equipment was adequate for their online learning experience. The fact that students' negative views regarding the most tangible outcome of the COVID-19 semester (i.e. their grades) were oriented around mental health issues rather than the sufficiency of their technology was highly telling.

Motivation
Motivation is an attitude and set of ideals that can have an impact on each individual, allowing them to accomplish more tangible results with their own aims. One of the driving elements underlying human behavior is motivation. It encourages competition while also encouraging social interaction. Its lack might result in mental diseases like

depression. The desire to keep striving for meaning, purpose, and a life worth living is referred to as motivation. Students who were isolated because to the pandemic claimed that being at home distracted them more than being at school.

Personal Relationships

Social connection is a basic human need, yet it can be difficult for those who have socially stigmatized features. If social isolation and the resultant sense of loneliness damage mental health, it stands to reason that social connection will improve it. Isolation was discovered to be a significant contributor to mental health-related concerns among undergraduate students during the epidemic. This absence of connectivity, together with the additional challenges and difficulties of online learning, may result in increased stress and a decline in general mental health. The desire to connect is seen as a fundamental motivation, and social connection is seen as a core human need. It is essential for social animals' growth; without it, they suffer anguish and suffer severe developmental effects. Social connection is vital to practically every element of health and well-being in humans, one of the most social creatures on the planet. Loneliness has been associated to inflammation, accelerated aging, increased risk of cardiovascular disease, suicide, and all-cause mortality.

Grades

Depression is linked to poorer grade point averages, and having both depression and anxiety can exacerbate this link. Dropping out of school has also been connected to depression. Many college students say that mental health issues make it difficult for them to concentrate on their studies. Mental health concerns can have a significant impact on academic achievement, and certain students may require a different strategy in order to excel.

Environment

The environment can have a beneficial or bad impact on a person's mental health. The mental health of children is linked to that of their parents. Cortisol levels and stress can be elevated by loud noises and huge crowds. Pollution has a negative impact on mental health. Physical environmental elements that contribute to mental disease are those that have the ability to influence a person's biology or neurochemistry, raising the likelihood of developing a condition. If a person doesn't have access to health-related resources like whole, nutrient-dense foods and instead eats more processed and refined foods, their body (and brain) will suffer. As a result, if they are faced with a big stressor, they may not be able to manage successfully. Students who do not have a strong support system are more likely to acquire mental health issues.

4. Conclussion

Distance learning has a huge impact on mental health, especially due to reduced motivation, more difficult personal relationships, values that are affected by mental health caused by other things. It is very difficult to enforce face-to-face learning because the chances of disease transmission are very high. However, the mental health that students experience due to the implementation of distance learning cannot be ignored. Therefore, psychological support is very important for students to complete their learning activities. Some students require more time and flexibility to focus on specific areas. Learning online might be ideal for students who are dealing with mental health issues since it allows them to learn at their own speed.

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