

Mental health management in online learning media during the COVID-19 pandemic for students at private university

Gestión de la salud mental en medios de aprendizaje en línea durante la pandemia de COVID-19 para estudiantes de universidades privadas

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SUMMARY

Introduction: *The Coronavirus Disease 2019 (COVID-19) pandemic has negatively impacted many sectors of people's lives worldwide, especially in the education sector. The COVID-19 pandemic in the education sector has disrupted students' mental health. This study aimed to determine and identify the impact of online learning during the COVID-19 pandemic on students' physiological and mental health.*

Methods: *This study used non-experimental with quantitative methods. It also used a descriptive survey research design. An instrument used in this study was the Self-Reporting Questionnaire (SRQ) with a Guttman scale for students in 2020. The research sample was 378 people using simple random sampling. The data analysis used in this study was univariate.*

Results: *Most respondents were 18-25 years (97.9 %). Based on the environmental conditions where students*

live in the red zone, 56.9 %. The distribution of students who experience mental health problems was 87 % of students experiencing psychotic symptoms, which was 90.2 %.

Conclusion: *During the COVID-19 pandemic, students experienced quite high anxiety. More than half experienced the impact of COVID-19, and the experience of mental health problems is relatively high.*

Keywords: *COVID-19, mental health, students.*

RESUMEN

Introducción: *La pandemia de la enfermedad por coronavirus (COVID-19) ha impactado negativamente en muchos sectores de la vida de las personas en todo el mundo, especialmente en el sector de la educación. La pandemia de COVID-19 en el sector de la educación ha trastornado la salud mental de los estudiantes. Este estudio tuvo como objetivo determinar e identificar el impacto del aprendizaje en línea durante la pandemia de COVID-19 en la salud fisiológica y mental de los estudiantes.*

Métodos: *Este estudio utilizó métodos no experimentales con métodos cuantitativos. También*

DOI: <https://doi.org/10.47307/GMC.2022.130.s5.2>

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Recibido: 21 de agosto de 2020

Aceptado: 11 de noviembre de 2020