


Universitas Ahmad Dahlan 100

long-term_impact_of_COVID-19_on_students_mental_health...

 CEK TURNITIN 2

 INSTRUCTOR-CEK JURNAL 5

 Universitas Ahmad Dahlan Yogyakarta

Document Details

Submission ID

trn:oid::1:3145501157

Submission Date

Feb 4, 2025, 10:51 AM GMT+7

Download Date

Feb 4, 2025, 11:07 AM GMT+7

File Name

long-term_impact_of_COVID-19_on_students_mental_health_2022.pdf

File Size

363.5 KB

3 Pages

1,300 Words

7,387 Characters

18% Overall Similarity

The combined total of all matches, including overlapping sources, for each database.





Filtered from the Report

- ▶ Bibliography
- ▶ Quoted Text




Exclusions

- ▶ 67 Excluded Sources

Match Groups

-  **10 Not Cited or Quoted 15%**
Matches with neither in-text citation nor quotation marks
-  **3 Missing Quotations 3%**
Matches that are still very similar to source material
-  **0 Missing Citation 0%**
Matches that have quotation marks, but no in-text citation
-  **0 Cited and Quoted 0%**
Matches with in-text citation present, but no quotation marks

Top Sources

- 14%  Internet sources
- 16%  Publications
- 8%  Submitted works (Student Papers)

Integrity Flags

0 Integrity Flags for Review

No suspicious text manipulations found.

Our system's algorithms look deeply at a document for any inconsistencies that would set it apart from a normal submission. If we notice something strange, we flag it for you to review.

A Flag is not necessarily an indicator of a problem. However, we'd recommend you focus your attention there for further review.

Match Groups

- **10 Not Cited or Quoted 15%**
Matches with neither in-text citation nor quotation marks
- **3 Missing Quotations 3%**
Matches that are still very similar to source material
- **0 Missing Citation 0%**
Matches that have quotation marks, but no in-text citation
- **0 Cited and Quoted 0%**
Matches with in-text citation present, but no quotation marks

Top Sources

- 14% Internet sources
- 16% Publications
- 8% Submitted works (Student Papers)

Top Sources

The sources with the highest number of matches within the submission. Overlapping sources will not be displayed.

1	Internet		
		scholars.cityu.edu.hk	3%
2	Internet		
		eprints.iums.ac.ir	2%
3	Student papers		
		Adtalem Global Education, Inc.	2%
4	Publication		
		Norito Kawakami, Yoshiharu Kim, Mayuko Saito, Sou Fujishiro. "People's worry ab...	2%
5	Internet		
		listens.online	2%
6	Internet		
		www.scielo.br	2%
7	Internet		
		www.coursehero.com	1%
8	Publication		
		Luky Kurniawan, Natri Sutanti, Ruly Ningsih, Nanda Yunika Wulandari, Aslina bin...	1%
9	Internet		
		www.springermedizin.de	1%
10	Publication		
		Zalik Nuryana, Wenbin Xu, Shiqi Lu. "Students mental health during COVID-19: Co...	<1%

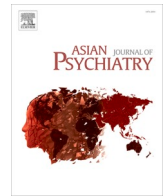


Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information website.

Elsevier hereby grants permission to make all its COVID-19-related research that is available on the COVID-19 resource centre - including this research content - immediately available in PubMed Central and other publicly funded repositories, such as the WHO COVID database with rights for unrestricted research re-use and analyses in any form or by any means with acknowledgement of the original source. These permissions are granted for free by Elsevier for as long as the COVID-19 resource centre remains active.

Contents lists available at [ScienceDirect](#)

Asian Journal of Psychiatry

journal homepage: www.elsevier.com/locate/ajp

Letter to the editor

Addressing the long-term impact of COVID-19 on students' mental health



The COVID-19 pandemic has demonstrated the weakness of public health readiness in structuring health care systems in various countries. It also provides lessons on the importance of building a common commitment by all parties to share a global responsibility for addressing prevalent vulnerabilities worldwide (Tandon, 2021a). According to previous research, the pandemic had a major impact on the mental health of various populations in Asia and globally. Furthermore, the emergence of the unexpected global pandemic with enormous mental health consequences requires valid information to guide the development of policies worldwide (Tandon, 2021b). This is because appropriate policies and planning help promote mental health (Nuryana, 2022). Another major concern is how to address the long-term impact of COVID-19 on students' mental health. After two years of social disruption and the destruction of various sectors, life slowly began to move towards a "normal" period (Tandon, 2022). In line with this phenomenon, concerns about mental health also arise because several countries have prepared policies on face-to-face learning after the pandemic.

This concern is reasonable considering the possibility of emotional disturbances, irritability, insomnia, depression, and stress symptoms associated with the imposed quarantine, especially among students who are more unstable with mental health. The long-term effects are relatively large and include anxiety, anger, depression, symptoms of post-traumatic stress, and behavioral changes such as avoiding crowds and always washing hands carefully. A warning and inspiration for the prevention of the long-term impact of the COVID-19 pandemic on mental health were currently discussed in Kawakami et al. (Kawakami et al., 2022). It was suggested that concerns about the long-term impacts are not to be ignored because they can generate a threat to mental health in the future. From the school's perspective, the offline learning opening plan has to be conditioned in specific manner that the long-term impact does not prolong. In an atmosphere of fear, full of wild speculations and rumors, accurate information and appropriate policies are important (Tandon, 2021c), to promote mental health in schools. The reason is because mental health problems must be taken seriously and resolved quickly, especially in the field of education (Nuryana et al., 2022).

To address the long-term impact of COVID-19 on students' mental health, educators need to provide insightful perspectives in schools to face "normal" learning. Mental health is a condition of a person's well-being to manage stress and adapt well, work productively, and contribute to the environment. Consequently, the health dimension must be fulfilled by schools as regulations to overcome the problem. Thorough school planning is part of the intervention for helping students develop healthy coping skills (Veldhuis et al., 2021). The dimensions developed are emotional, intellectual, social, physical, and spiritual. Each of them is interconnected and important for addressing the long-term impact of COVID-19 on students' mental health. At school, every individual must be able to take a vacation, listen to songs and

music, as well as taking spiritual activities, for creating a dynamic balance of the soul (Septi Purnama and Prasetyo, 2016). Additionally, school programs to promote mental health need to be prepared such as adequate hand washing facilities, healthy canteens, posters, media, campaigns, as well as a comfortable environment for face-to-face learning. Students' mental health is closely related to the demands of the environment, hence the role of the school is important to develop programs when "normal" learning begins. Therefore, the long-term impact of COVID-19 on students' mental health can be managed properly.

Ethical statement

Hereby, I Zalik Nuryana consciously assure that for the manuscript "Addressing the long-term impact of COVID-19 on students' mental health" the following is fulfilled:

- 1) This material is the authors' own original work, which has not been previously published elsewhere.
- 2) The paper is not currently being considered for publication elsewhere.
- 3) The paper reflects the authors' own research and analysis in a truthful and complete manner.
- 4) The paper properly credits the meaningful contributions of co-authors and co-researchers.
- 5) The results are appropriately placed in the context of prior and existing research.
- 6) All sources used are properly disclosed (correct citation). Literally copying of text must be indicated as such by using quotation marks and giving proper reference.
- 7) All authors have been personally and actively involved in substantial work leading to the paper, and will take public responsibility for its content.

Conflict of interest

The authors declare no conflict of interest.

Acknowledgement

This article was funded by the LPPM Universitas Ahmad Dahlan, Indonesia. [No. PD-007/SP3/LPPM-UAD/VII/2022].

References

- Kawakami, N., Kim, Y., Saito, M., Fujishiro, S., 2022. People's worry about long-term impact of COVID-19 pandemic on mental health. *Asian J. Psychiatry*, 103196. <https://doi.org/10.1016/j.ajp.2022.103196>.

<https://doi.org/10.1016/j.ajp.2022.103283>

Received 15 July 2022; Accepted 2 October 2022

Available online 3 October 2022

1876-2018/© 2022 Elsevier B.V. All rights reserved.

- Nuryana, Z., 2022. Promoting mental health related to self-esteem during COVID-19: insights from an Indonesian teacher. *Asia Pac. J. Public Health*. <https://doi.org/10.1177/10105395221107132> (101053952211071).
- Nuryana, Z., Xu, W., Lu, S., 2022. Students mental health during COVID-19: comprehensive government and parental involvement in Indonesia. *Asian J. Psychiatry* 74, 103197. <https://doi.org/10.1016/j.ajp.2022.103197>.
- Septi Purnama, D., Prasetyo, P., 2016. Modul guru Pembelajaran Bimbingan dan Konseling Sekolah Menengah Pertama (SMP) Kelompok Kompetensi G Profesional: Penilaian Dalam BK. PPPPTK Pendidikan Jasmani dan Bimbingan Konseling.
- Tandon, R., 2021a. The bitter lessons of COVID-19: acknowledging and working through many points of tension. *Asian J. Psychiatry* 55, 102545. <https://doi.org/10.1016/j.ajp.2021.102545>.
- Tandon, R., 2021b. COVID-19 and the Asian Journal of Psychiatry: keeping 2020 in the rear-view mirror. *Asian J. Psychiatry* 56, 102569. <https://doi.org/10.1016/j.ajp.2021.102569>.
- Tandon, R., 2021c. COVID-19 and suicide: Just the facts. Key learnings and guidance for action. *Asian J. Psychiatry* 60, 102695. <https://doi.org/10.1016/j.ajp.2021.102695>.
- Tandon, R., 2022. Moving beyond COVID. *Asian J. Psychiatry* 73, 103178. <https://doi.org/10.1016/j.ajp.2022.103178>.
- Veldhuis, C.B., Nesoff, E.D., McKowen, A.L.W., Rice, D.R., Ghoneima, H., Wootton, A.R., Papautsky, E.L., Arigo, D., Goldberg, S., Anderson, J.C., 2021. Addressing the critical need for long-term mental health data during the COVID-19 pandemic: changes in mental health from April to September 2020. *Prev. Med.* 146, 106465 <https://doi.org/10.1016/j.ypmed.2021.106465>.

Zalik Nuryana^{a,b,*}, Wenbin Xu^a, Shiqi Lu^a, Sucipto Sucipto^b,
Dani Fadillah^b, Luky Kurniawan^c

^a Department of Education Science, Nanjing Normal University, China

^b Universitas Ahmad Dahlan, Indonesia

^c Department of Guidance and Counseling, Universitas Mercu Buana
Yogyakarta, Indonesia

* Corresponding author at: Department of Education Science, Nanjing
Normal University, China.

E-mail address: zalik.nuryana@pai.uad.ac.id (Z. Nuryana).