

# Mental Hygiene Level Of Undergraduate Students Post Pandemic Covid-19: A Survey After 2 Years Of The Pandemic

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## ARTICLE INFO

## ABSTRACT

This study aims to determine the level of mental hygiene of Solo undergraduate students after two years of the Covid-19 pandemic. The research methodology used in this research is quantitative survey. The population used was 35,414 population with a sample of 277 students. This study used a simple random sampling technique. The data were processed using IBM SPSS 22 with descriptive analysis techniques. This study describes the majority of samples experiencing mental breakdown symptoms after two years of the Covid 19 pandemic, namely 71.48% or with a quantity of 198 out of 277 undergraduate student samples. These results are evidenced by three indicators of measuring the level of mental hygiene, namely biological, psychological, and sociological individuals. This research can be used as a means of theoretical preliminary studies that can be used in further research. The limitation of the study is that there are filling errors in students, so that many master's and doctoral students participate in filling out this survey.

**Keyword:** *Mental Hygiene Level, Undergraduate Students, Pandemic Covid-19 After 2 Years, Survey, Solo*

## INTRODUCTION

The Covid-19 pandemic has passed 1 year ago, namely through the revocation of the Covid-19 pandemic status in Indonesia which was marked by the signing of Presidential Decree Number 17 of 2023. Since the regulation of online learning since 2020, it has signaled the paralysis of the education process in Indonesia. Based on information reported by the BBC (2020), the government through regional leaders has ordered that starting March 17, 2020 there will be no more offline learning from primary to higher education. This decision greatly impacts the Indonesian education system which previously could be carried out freely through any learning method and style, but now it can only be done through online learning. One of the education levels most affected by this problem is higher education. Students can only learn online through certain internet platforms. Apart from being related to online learning, the problem experienced by students during the Covid-19 pandemic is the level of mental hygiene. Mental hygiene is the level of individual mental stability that affects daily life (Fadkhurosi & Kusmaryani, 2022). (Kiswantoro et al., 2024) in his book reveals that mental hygiene is a comprehensive arrangement based on biological, psychological, and social conditions. This comprehensive arrangement makes individuals vulnerable to mental disorders. Referring to the description of the opinion above, it can be concluded that mental hygiene is the level of behavioral health in a student in terms of biological/physical, psychological/mental, and social or social relations with the community.

Mental breakdown can be considered as inefficient behavior in socializing in the context of community life so that it can become a human being properly (Lawal et al., 2022). Mental breakdown, or profound psychosis, is a condition in which a person experiences a very serious psychological or emotional crisis. This often occurs when a person feels unable to cope with great stress or pressure, whether related to work, personal, or a combination of both. (Acosta et al., 2022) The characteristics of mental disorders can vary greatly, but often

include: Mood disorders: feelings of extreme anxiety, anger, or depression, which can interfere with daily life. Difficulty concentrating: inability to concentrate or think clearly, which can affect productivity and decision-making. Physical and mental fatigue: extreme fatigue despite adequate rest and decreased motivation. Changes in sleep and eating habits: difficulty sleeping or overeating/undereating. Social isolation: avoiding social interactions or feeling disconnected from others. Feelings of hopelessness: feeling that there is no way out or solution to the problem at hand. Depression itself is not a mental disorder but rather an extreme reaction to pressure and stress that is not managed properly. Treatment often includes professional support such as psychotherapy, counseling, or sometimes medication to help cope with the disease and restore emotional balance. If someone experiences these symptoms, it is important to seek help from a mental health professional to get the right support and treatment (Sanchez, 2024).

A year after the COVID-19 pandemic, the impact on students' mental health is still being felt, various factors can be caused by the global experience and major changes in the way they learn, interact, and live their daily lives. (Lamba et al., 2023; Rania et al., 2023) Here are some aspects that can describe their mental health status (1) Anxiety and stress, many students may experience high levels of anxiety, concerns about their personal and parental health, and concerns about the long-term impact of the pandemic on their careers and future; (2) Academic difficulties, the transition from online to face-to-face learning can be challenging. Some students may have difficulty adjusting to increased academic demands after some time studying at home, or they may feel unprepared to handle the increased workload; (3) Social distancing, even though campuses have reopened, some students may feel isolated or have difficulty socializing with their friends after a long period of social isolation, this feeling of isolation can affect their mental hygiene; (4) Balance between life and study, students may have difficulty balancing their academic and personal life needs, especially after the stressful times in their daily routines during the pandemic. Balancing work, study, and time for themselves can be difficult; (5) Mental health and support, there may be an increased need for mental health support, and more students may feel the need to seek counseling or therapy services to cope with existing issues arising from the pandemic, some schools may have increased mental health services to meet this need; (6) Changes in goals and motivation, the pandemic may have caused students to change their outlook on life, including their academic and career goals. Some may feel a loss of direction or motivation, while others may find new interests or pursue different goals than before; (7) Resilience in coping, on the positive side, many students may show greater resilience and coping skills after experiencing challenges during the pandemic. They may be more prepared for change and value social life balance more. Overall, student mental health, one year into the COVID-19 pandemic, is a combination of the challenges faced during the pandemic and the opportunities to rebuild and recover with a new life. It is important for them to get full support and keep their mental health balanced and positive.

This study is also supported by the research of (Wang et al., 2020) which found that in general many students experienced academic procrastination during the Covid-19 pandemic, especially final year students who were completing their final assignments. The main aspect causing academic procrastination is the delay in final assignments/tasks, which is further exacerbated by the government's policy of not carrying out activities that directly require online consultation. This affected these students up to one year after the pandemic ended. The above explanation is very interesting as a preliminary study material in order to find facts about the mental hygiene of undergraduate students after one year of the pandemic. With the description above, it is necessary to investigate the level of mental hygiene of students after one year of the Covid-19 pandemic, based on empirical data that can be proven scientifically.

## RESEARCH METHODS

The method used in this study is a quantitative survey. The purpose of this study was to determine the level of mental hygiene in the city of Solo one year after the Covid-19 pandemic. The survey subjects were undergraduate students studying in the city of Solo. According to the Solopos daily, the number of undergraduate students in the city of Solo is around 35,414 people, this number is spread across a number of state and private universities in the city of Solo. Regarding the size of the population above, the author uses a sample size of 268 people, based on the Sugiyono model sample determination table. According to (Sugiyono, 2013), a population (N) of 35,000 people with a margin of error of 10% requires a sample of 198 students. The sampling technique used in this study is simple random sampling. According to (Mahmud et al., 2020; Retnawati, 2017), simple random sampling is a simple random sampling technique that does not take into account the type or equivalent type. Data collection in this study used a questionnaire of 38 items. The questionnaire instrument was tested for validity and reliability. Overall, there are 38 variables that meet the instrument validity requirements and have a Cronbach's alpha value of 0.816, which is classified as very reliable. The data analysis method used is quantitative descriptive analysis. According to (Ashari et al., 2017; Fadkhurosi & Kusmaryani, 2022), quantitative descriptive analysis is a data management method that aims to change initial data into understandable data, often in the form of images, numbers, or enlightening descriptions.

## RESULTS AND DISCUSSION

This study aims to determine the level of mental hygiene of undergraduate students in Solo City one year after the Covid-19 pandemic using four dimensions studied. The aspects covered are the aspects of desire and action, the aspect of possibility, the eternal aspect, and the aspect of possibility. The results of the analysis of student procrastination are shown in the following table.

**Table 1. Intepretasi level of mental hygiene**

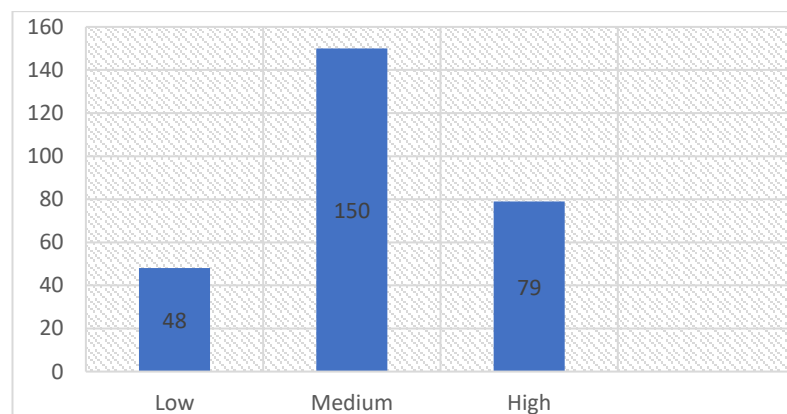
Category	Interval
High	$\geq 100$
Medium	75-99,99
Low	$\leq 74,99$

Sourch: Ulum (2016)

The measurement results show that the level of mental hygiene of undergraduate students in Solo City one year after the Covid-19 pandemic, the average level of mental hygiene is moderate at 54.15% (150 students), and the low level is 17.32% (48 students), while 79 students (28.51%) are classified as having high mental hygiene. The descriptive analysis carried out produced a standard deviation of 7.713 and a mean of 95.44 so that it can be said to be moderate. The average score of academic procrastination in the four dimensions of assessment obtained an average score. Details regarding the degree of academic procrastination can be described in the table.

**Table 2. Statistic level of Mental Hygiene**

	N	Minimum	Maximum	average	Std. Dev
Mental Hygiene	277	71	131	95.44	7.713



**Graphic 1. Statistic Level of Mental Hygiene**

The table shows a maximum score of 131, followed by a minimum score of 71, and an average score of 95.44. The table also explains that the level of mental hygiene of undergraduate students in Solo City one year after the Covid-19 pandemic obtained a change score of 8.729. After 1 year of transition from pandemic status to non-pandemic. In addition to quantitatively, the study also found descriptive facts. The facts in question are as follows.

The mental health of college students, one year after COVID-19 was lifted from pandemic status, remains a significant concern. Here are some qualitative findings related to student conditions: (1) the transition to face-to-face learning, many undergraduate students felt stressed and anxious when returning to face-to-face learning after being accustomed to online learning. Changes in routine and adaptation to the campus environment require significant adjustment; (2) loss of social atmosphere and isolation: During the pandemic, many undergraduate students felt isolated and lost the opportunity to socialize with friends. Despite relaxations, some still find it difficult to interact socially again; (3) life balance and quality of learning, the pandemic changed the way undergraduate students organize their time and activities. Some people have difficulty finding a balance between studying, working, and personal life; (4) mental health services and support, the demand for mental health support services has increased among students. Many universities have increased counseling and emotional support services to help undergraduate students cope with stress and anxiety; (5) uncertainty about future careers, many students feel worried about their future, including job opportunities and economic stability. This uncertainty can cause additional stress and pressure; (6) changes in

habits and activities, students who are accustomed to a lifestyle during the pandemic may find it difficult to return to pre-pandemic habits and activities. This adaptation requires time and support; (7) online learning experience, online learning experiences gained during the pandemic have long-term impacts. There are undergraduate students who feel more comfortable with online learning and find it difficult to return to face-to-face learning or vice versa. Various studies and surveys show that the mental health of undergraduate students is still a significant issue that requires attention and proactive action from educational institutions and the government to ensure they receive the necessary assistance.

## CONCLUSION

Referring to the presentation of the results and discussion above, it was found that the level of mental hygiene of undergraduate students one year after the Covid-19 pandemic status was revoked cannot be said to be good. This indicates that there is a problem that needs to be addressed seriously by both the government and universities related to the place where students study. Furthermore, a solution must be sought immediately for this problem for better quality higher education in the city of Solo. The attention that is realized should be in the form of practical steps so that it can be implemented immediately by the parties involved. It should be noted that this practical solution must still be based on studies or research by competent parties.

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