



Publisher

African Journal of Social Work

Afri. j. soc. work

© National Association of Social Workers-Zimbabwe/Autor(s)

ISSN Print 1563-3934

ISSN Online 2409-5605

Licensed under a Creative Commons Attribution-Non-commercial 4.0 International License

Indexed & Accredited with: African Journals Online (AJOL) | University of Zimbabwe Accredited Journals (UZAJ) | SCOPUS (Elsevier's abstract and citation database) | Directory of Open Access Journals (DOAJ) | Society of African Journal Editors (SAJE) | Asian Digital Library (ADL) | African Social Work Network (ASWNet) | Department of Higher Education and Training (DHET) - South Africa | SJR | CNKI - China | Journal Publishing Practices and Standards (JPPS) | EBSCO

Mental health issues in Malaysia: a systematic review

Mohd Shahrul bin KAMARUDDIN, Fatahyah YAHYA, Surena SABIL, Aini Azeqa MA'ROF, Maizatul Mardiana HARUN & Johari Md SALIM

ABSTRACT

Mental health issues in Malaysia have been increasing especially during the novel coronavirus disease 2019 (COVID-19) pandemic which led to many researchers carried out in regard to the uprising mental health issues. As a result, this systematic review was conducted to identify the theme of the previous studies based on all information and materials gathered regarding mental health issues in Malaysia. The Systematic Literature Review (SLR) and Reporting Items for Systematic Reviews methodologies were used to perform this investigation. In light of this, literature searches were conducted to find articles and information on mental health in a number of indexed databases, including the Malaysian Journal of Science (MJS), Asian Journal of Psychiatry, Google Scholar, SCOPUS, ScienceDirect and Web of Science (WoS), between 2019 and 2022. Overall, this study shows four main themes, (1) the stage of community mental health, (2) factors that affect people's mental health, (3) mental health and action power and (4) efforts to deal with mental health issues. Therefore, the systematic review of this study provide useful information to the authorities which could lead to finding compatible solutions in dealing with mental health issues in Malaysia.

KEY TERMS: Malaysia, mental health issues, pandemic, systematic review

KEY DATES

Received: October 2022

Revised: November 2022

Accepted: November 2022

Published: December 2022

Funding: None

Conflict of Interest: None

Permission: None

Ethics approval: Not applicable

Author/s details:

Mohd Shahrul bin Kamaruddin, Fatahyah Yahya, Surena Sabil, University Malaysia Sarawak. Email: yfatahyah@unimas.my, mshahrul.kamaruddin@gmail.com

Aini Azeqa Ma'rof & Maizatul Mardiana Harun, University Putra Malaysia. Email: azeqa@upm.edu.my

Johari Md Salim, Universiti Kebangsaan Malaysia

Current and previous volumes are available at:

<https://africasocialwork.net/current-and-past-issues/>



ASWNet
Africa Social Work Network



How to reference using ASWNet style:

Kamaruddin M. S., Yahya F., Sabil S., Ma'rof A. A., Harun M. M. & Salim, J. J. (2022). Mental health issues in Malaysia: a systematic review. *African Journal of Social Work*, 12(6), 295-305.

INTRODUCTION

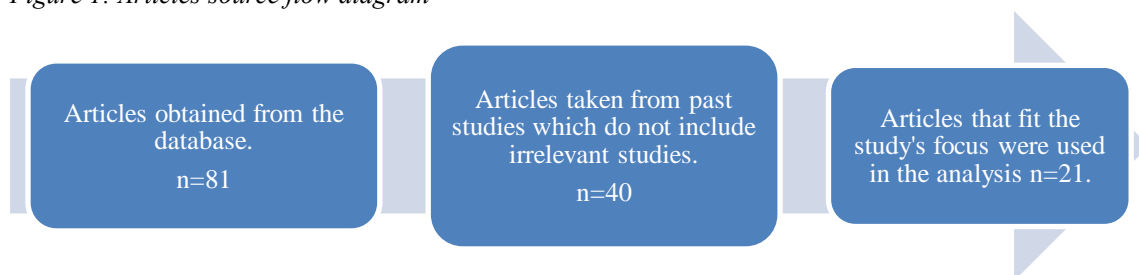
The coronavirus disease 2019 (COVID-19) which has affected people worldwide for almost three years, has significantly altered human life. The World Health Organisation has now (WHO) officially declared this disease as epidemic. However, various sectors of the country's development have been affected and resulted in hardships in the lives of the community, especially for those with low incomes. The COVID-19 pandemic has significantly impacted a person's mental health, such as stress, anxiety, and sadness. The quality level of community mental health during the COVID-19 pandemic, as well as the themes of the studies that can be established based on the discussion of all articles linked to mental health issues in Malaysia, are the two questions concerning the studies that led the researchers to perform this study. The method of systematic literature review (SLR) is employed to conduct this investigation. Articles were pulled from the Malaysian Journal of Science (MJS), Asian Journal of Psychiatry, ScienceDirect, Web of Science (WoS), SCOPUS, and Google Scholar between the year 2019 and 2022. The publications acquired will be thoroughly researched to suit the study's topic. Researchers are hoping that research on mental health during the COVID-19 pandemic will help the population be ready early for the post-pandemic period. The current review was done with the aforementioned goals in mind and aims to provide a systematic review of the literature on COVID-19 related mental health issues.

METHODOLOGY

This study employs the systematic literature review (SLR) method and is quantitative in nature. Through analysis of the study, problems with mental health has been found in Malaysia during the COVID-19. There are just a few literary sources available between 2019 and 2021. The systematic literature review (SLR) methodology is used in this study to examine the context, issues, methodologies, and study definitions. Every piece of literature that is chosen has been accumulated based on problems with mental health in Malaysia during COVID-19. Therefore, the systematic examination of the literature will exclude topics other than those unrelated to the research question and aims.

This method applies systematic search using keywords such as the principle of systematic literature review (SLR) applied by modern researchers (Susan Michie & S Williams, 2003; Abu Hamdi Usman et al., 2020). In this study, the keywords of mental health, COVID-19 and Malaysian were used to obtain the study data. Articles were searched on the databases of Malaysian Journal of Science (MJS), Asian Journal of Psychiatry, google scholar, SCOPUS, ScienceDirect, and Web of Science (WoS). Mental health issues occurring in Malaysia are the main criteria in the analysis of this study. Studies have found that there are 81 articles that have been found using predefined keywords. After the examination was carried out on the title and abstract, there were 40 articles selected. However, further assessments and details were carried out on the 40 articles and the study found that there are only 21 articles suitable to be used for this research.

Figure 1: Articles source flow diagram



STUDY FINDINGS

A total of 21 articles have been identified as having to do with mental health studies during COVID-19 in Malaysia. The findings were summarised systematically as per Table 1.

Table 1: Findings based on the literature

No.	Research	Issues/Gaps	Methodology	Findings
1	Relationships force strategy action and mental health against students inner rural face learning during COVID-19, Nadhirah Samsudin (2022).	Identify relationship between strategy influence force of action and mental health against students inner rural Face Learning during COVID-19.	Study Quantitative Sample: 159 secondary school children	Average pressure students are at level normal depression. Level force of action is simple.
2	Manual strategies for COVID-19 prevention and management of mental health, Nurul Syuhaida et al. (2021).	The 2019 Coronavirus disease outbreak (COVID-19) is predicted to increase in mental health problems such as stress, depression, and anxiety.	Qualitative (data analysis) and quantitative studies (online survey).	The strategy introduced by MHPSS will help develop good mental health and strengthen the resilience of communities and frontliners to combat COVID-19.
3	COVID-19 outbreak: The management of mental health aspects in the new norms. Abdul Rashid, Abdul Aziz (2020).	Identify the impact of the epidemic COVID-19 towards mental health management in the community.	Study Library.	Plague transmission Affect mental health individual who undergo MCO period with a stay alone or family.
4	Resilient level and mental health of individuals in pandemic era COVID-19: An empirical study among teenager circles in Malaysia. Norfatmazura Che Wil (2021).	Identify stress level, anxiety and depression among teens in the era COVID- 19.	Quantitative study Sample:135 teenagers.	Stress level, anxiety and depression in circles of respondent is on normal level.
5	The state of students' mental health during the pandemic COVID-19. Aqilah Samsul Bahari (2021).	Identify stress, anxiety and depression among student.	Identifying students' response based on their face expression during online learning session.	Average stress Light depression Slight concern While their level of response is moderate.
6.	Study systematic literature review (SLR) about mental health in Malaysia during the pandemic COVID-19, Kamal Azmi Abd Rahman (2021).	Viewing themes of study and discussion about issues of mental health in Malaysia during the pandemic COVID-19.	Study systematic literature review (SLR).	Practice religious values is able to address mental health. Parents play two roles; as parents and employee. The society is having a level of depression and anxiety is higher. Children of pre-school have mental health problem but not severe.
7.	Anxiety in frontline and non-frontline healthcare providers in Kelantan, Malaysia, Norhayati Mohd Noor (2021).	Compare the level of anxiety in front line and non-frontline healthcare providers during the pandemic COVID-19.	Study cross-section between May and July 2020 Sample: 306 respondents.	Provider of non-frontline healthcare reporting min concerns score which is higher by 1.7 from front-line provider.
8.	Depression level and coping responses towards the movement control	Studying the level of depression and handle the action,	Cross study from April until May	149 (28.2%) respondents classified

	order and its impact on quality of life in the Malaysian community during the COVID-19 pandemic: A web-based cross-sectional study, Anne Yee (2021).	Respond to the survey related to movement control order.	2020. Sample: 528 respondents.	as light depressed.
9.	Managing mental health problem during pandemic COVID-19 and movement control order. Jamilah Hanum Abdul Khaiyom (2020)	Discuss on how to manage mental health using approach cognitive-behavioral therapy, awareness and spirituality.	Concept paper.	Recognize instantaneous feeling and whispering mentally. Allow that feeling exists, without trying to improve, control or evaluate. Embrace oneself and get to know the cause of anxiety.
10.	Mental health and self-determination profiles of the diverse population of medical students in Malaysia during the COVID-19 pandemic, Jessica Grace Cockburn (2022).	Evaluate wellness of the medical students due to changes in medical undergraduate education experience, and positions on changes to timeouts studies.	Study Quantitative Sample: 442 medical students.	Negative effects against emotions of well-being and voice expression. Students have to adapt to modifications while continuing their studies.
11.	Patient satisfaction with teleconsultation during COVID-19 pandemic: A descriptive study for mental healthcare in Malaysia, Elza Azri Othman (2021)	The study aims to identify key factors that contribute to patient satisfaction with teleconsultation during COVID-19 pandemic.	Quantitative studies Sample: 106 respondents.	Respondents reported high levels of satisfaction with teleconsultation facilities.
12.	Perception of health conditions and test availability as predictors of adults' mental health during the COVID-19 pandemic: A survey study of adults in Malaysia, Huiyang Dai (2020).	Studied individual perception towards health conditions and availability of tests as forecaster potential for mental health, insomnia, depression concerns and current distress due to COVID-19 pandemic.	Online review have been conducted between 2 – 8 May 2020 Sample: 669 adults in Malaysia.	Younger adults were reported to have worsen mental health condition, whereas adults with health problem situation are having a lot more mental health problems.
13.	Perception towards e-learning and COVID-19 on the mental health status of university students in Malaysia, Foong Ming Moy (2021).	The study intended to determine relevant factor with mental health status (depression, anxiety and pressure) among university students in Malaysia.	Study review sample: students studying at higher level.	Stress level, anxiety and depression is derived at 56.5%. Students from Malay ethnic is having higher possibility to get depression.
14.	Prevalence of anxiety and depression among psychiatric healthcare workers during the COVID-19 Pandemic: A Malaysian perspective, Mehul Kumar Narendra Kumar (2022)	Review on anxiety and depression prevalence in circles on how psychiatry evaluate its relevance with socio-demographic, socio-economics, work-related factors and	Cross-sectional study. Sample: Employee of medical psychiatric	Prevalence of anxiety and depression is evaluated at 22.0% and 16.8%, respectively.

		power strategies action.		
15.	Psychosocial impact of COVID- 19 pandemic on Malaysian families: A cross-sectional study, Zarina Thasneem Zainudeen (2021).	Investigates the psychosocial effects of COVID-19 in Malaysian families.	Sample cross-sectional study: 409 Malaysian families	Rates of depression and anxiety during the COVID-19 pandemic is high.
16.	The COVID-19 pandemic and mental health in Malaysia: Current treatment and future recommendations, Amoneeta Beckstein (2020).	Discussed on current treatment options and how the mental health crisis is managed.	A review of focused literature.	1. Social isolation. 2. Online treatment on mental health.
17.	The COVID-19 global pandemic and its impact on the mental health of nurses in Malaysia, Ping Lei Chui (2021).	Assessed the impact of psychological stress experienced due to COVID-19 against nurses, as well as the coping strategies.	Sample survey study: 859 nurses.	More than three-quarters of nurses had experienced stress problems (77.2%).
18.	The cross- sectional relations of COVID-19 fear and stress to psychological distress among frontline healthcare workers in Selangor, Malaysia, Natasha Subhas (2021).	Studying the cross-sectional relationship of COVID-19 fears and stress with psychological stress (operated as anxiety and depression) in care workers health.	Sample questionnaire: 286 healthcare workers.	Stress could consistently predicts anxiety and depression.
19.	The impact of COVID-19 pandemic outbreak on education and mental health of Chinese children aged 7–15 years: An online survey, Zhongren Ma (2021).	Evaluate the effect of COVID-19 pandemic on mental health, effectiveness and attitudes towards online education among Chinese children 7–15 years old.	Questionnaire Sample: 668 parents.	20.7% of children were reported experiencing post-traumatic stress disorder and depressive symptoms due to the COVID-19 pandemic.
20.	The relationship among spirituality, fear and mental health on COVID-19 among adults: An exploratory research, Balan Rathakrishnan (2021).	Identified the relationship between fear, spirituality and mental health regarding COVID-19 in adults in Malaysia.	Quantitative review sample: 280 respondents.	60.0% are at a poor level of mental health.
21.	The relationship between internet addiction, internet gaming and anxiety among medical students in a Malaysian public university during COVID-19 pandemic, Nurazah Ismail (2021).	Determined the prevalence of IA and IG, and their association with concerns among current medical students during the plague.	Sample questionnaire: 237 students.	Those in the pre-clinical year had a greater risk of anxiety than the current students doing clinical year.

DISCUSSION

Based on the 21 articles selected, those studies identified four important themes in mental health issues during the COVID-19 pandemic in Malaysia, namely: 1) The stage of community mental health, (2) factors that affect people's mental health (3) mental health and action power and (4) efforts to deal with mental health issue. Table 2 and Figure 1 show the classification of articles according to the four themes:

Table 2: Discussion themes of the article

#	Article	The stage of community mental health	Factors that affect people's mental health	Mental health and action power	Efforts to deal with mental health issue
1	Nadhirah Samsudin (2022)	x		x	
2	Abdul Rashid Abdul Aziz (2020)	x		x	
3	Norfatmazura Che Wil (2021)	x			
4	Aqilah Samsul Bahari (2021)	x		x	
5	Kamal Azmi Abd Rahman (2021)		x		x
6	Norhayati Mohd Noor (2021)	x			
7	Anne Yee (2021)				
8	Jamilah Hanum Abdul Khaiyom (2020)				x
9	Jessica Grace Cockburn (2022)	x			
10	Elza Azri Othman (2021)				x
11	Huiyang Dai (2020)	x			
12	Foong Ming Moy (2021)	x			
13	Mehul Kumar Narendra Kumar (2022)	x	x	x	
14	Zarina Thasneem Zainudeen (2021)	x			
15	Amoneeta Beckstein (2020)				
16	Ping Lei Chui (2021)	x			x
17	Natasha Subhas (2021)	x			
18	Zhongren Ma (2021)	x			
19	Balan Rathakrishnan (2021)	x			
20	Nurazah Ismail (2021)	x			
21	Sheau Tsuey Chong (2021)				x
Total		15	2	4	5

Theme 1: The stage of community mental health

Various studies have been conducted on the treatment of mental health issues. Most of the articles that focused on mental health treatment have also debated the spiritual aspects as well as how to treat mental health according to the Islamic approach. This proves that the practice of religious values is capable of addressing and preventing the increase in mental health issues although there is no doubt that there are other treatment methods capable of treating mental health. Among them is Nur Ashidah Yahya & Fariza Md Sham's (2020) study which explains that

good practice can prevent a person from thinking negatively, putting a lot of pressure on oneself. Excessive stress will cause a person to suffer from depression. In addition, the tarbiah method is seen as an approach that is suitable not only for their environmental conditions but also in accordance with their background factors. Whereas, solutions for depression are according to the treatment method such as meditation to Allah SWT, the use of ruqyah verses, prayer care and sunnah and fasting (Wan Hilmi Wan Abdullah & Hidayah Zaki, 2020)

The Yono et al. (2020) study explains the treatment of mental health based on the understanding of spiritualism and rationalism from the perspective of Islamic education. According to this perspective, a person with a high spiritual level will have more endorphin hormones than a low spiritual level. This statement is further strengthened by a study by Siti Nur Aaffah Hashim & Shereza Mohammed Saniff (2020) which found that the application of halal lifestyle concepts is the key to human mental well-being. Thus, choosing a halal lifestyle can not only promote psychological well-being as well as reduce mental health problems, but also be able to produce a person who is of noble character as well as benefit society as a whole (Iwuagwu, et al, 2022). The lifestyle from an Islamic perspective which is termed a halal lifestyle in this study is a pattern of life that does not contradict Islamic principles. These conditions include behaviour, food, health, clothing, business, development, management as well as all daily human activities (Sachin, et al, 2022).

According to Abdul Rashid et al. (2020), the strongest foundation to fight depression and any other mental health problems is a strong belief in the concept of Tauhid and the teachings of the prophet. Therefore, negative matters such as stress and burnout, unsecured work (job insecurity) and other negative aspects of daily life should be handled wisely so that self-well-being can be achieved and not plagued by depression (Uzuegbu, et al, 2022). It is important to note that mental and cognitive well-being requires constant maintenance to ensure stability and progress. A person should also remember to respect his physical and emotional needs and give them proper rest and recreation. Once the human being reaches this level of cognitive maturity and purity, it becomes easy for him to abandon wrongdoing, follow virtues and finally adhere to the lifestyle, behaviour and perception of the Prophet Muhammad ﷺ (Mohamad Farshoukh, 2019).

Nurul Sofiah et al. (2020) stated that the occurrence of mental health disorders will result in individuals being irrational. Statistics for mental health also show high levels of mental health problems in Malaysia which is caused by various factors including suicidal thoughts. Individuals with this thought develop mental health disorders. Therefore, individuals with mental disorders in the early stages should strive to deal with them and getting help from a professional counsellor. Besides that, Faradilla Abdul Rahman & Norshita Mat Nayan Tea (2020) study systematically proves that communication technology can also be used in the treatment process for mental patients. When compared to the development of communication nowadays, smartphone applications are the most of the focus of users because smartphones turn out to make it easier for us to do a lot of daily things.

Theme 2: Factors that affect people's mental health

Multiple workloads are among the main factors contributing to mental health problems. This workload factor covers all sectors of employment whether government, semi-government or private. However, the impact on mental health also affects those who do not work such as housewives. Parents also suffer from burnout because they have to play two roles at once while at home as parents at the same time as full-time employees (Kamal Azmi, 2021). The development that takes place in the life of each individual who is a student will directly indicate changes to their psychological and social processes. This change in methods poses a risk to students experiencing mental stress problems and so on.

Among other factors are demographic factors that are also contributing to mental health issues in Malaysia. This demographic aspect is stated in a study conducted by Kamal Azmi Abd Rahman (2021) which explains that a person's demographic background can influence emotions and mental stability. Urban communities have higher levels of depression and anxiety. This is because they experience work pressures and a high cost of living compared to rural communities (Gishe, G. et al, 2022). In addition, there are also those who work in the city who have to be laid off due to the limited needs of employees. In addition, the factor of race or heredity also has a relationship with mental health. There are studies stating that students who are of Malay ethnic origin have a higher likelihood of depression (Foong Ming, 2021). These findings stated that the mental health of students in higher education was affected during the pandemic. Another study explained, socioeconomic factors made the increase in mental health issues in Malaysia occur during the COVID-19 pandemic. According to the study by Mehul Kumar (2022), those with financial difficulties have a higher level of depression.

Theme 3: Mental health and action power

Stress, anxiety and depression can be controlled and addressed with the right response strategy. Rice and Van

Arsdale (2010) stated that the force of action is an effort to overcome, and reduce the threat that burdens the individual's feelings. The response strategies identified to address mental health issues include healthy life, social media, anger management, communication skills as well as psychological management (Abdul Rashid, 2020). However, the findings of the study conducted by Aqilah (2021) showed that there was no significant relationship between mental health and response among students. Around one to five students were suffering from anxiety and depression at severe or very severe levels, but the average pupil's response level was moderate and good. This has also been supported by the Nadhirah Samsudin (2022) study which explained that the level of student response during the COVID-19 pandemic is moderate. Therefore, the findings showed no relationship between emotional state and response among students.

Theme 4: Efforts to deal with mental health issue

The spread of the COVID-19 pandemic has had an impact on the mental health of the entire community in Malaysia. Therefore, there are many support services available to curb this mental health problem (Khataybeh, 2021) Among them are online teleconsultation services. This teleconsultation provides online consultation services without having face-to-face meetings. This service is provided to those in need and with mental health problems. The community reported high levels of satisfaction with teleconsultation (Elza Azri, 2021). Therefore, telepsychology through audio or video calls as well as counselling services have been provided.

Another effort that has been highlighted in various articles is social isolation. According to Amoneta Beckstein (2020), the government has been working on social isolation by implementing a Movement Control Order (MCO) that restricts the ability of communities to gather and travel at home and abroad. In addition, the short meditation technique known as RAIN is one of the efforts discussed in the study of Jamilah Hanum (2020). This technique explains four main concepts which are recognizing, justifying, investigating and nurturing. While the findings of the study conducted by Kamal Azmi (2021) explained, among the efforts that can curb mental health issues are spiritual aspects. This method uses an Islamic religious approach that touches the spirituality of an individual. The findings prove that the practice of religious values is capable of addressing mental health issues.

Mental health is a very significant issue in life during the Covid 19 pandemic. Therefore, there is a lot of research that has been conducted on mental health issues in Malaysia during the COVID-19 pandemic. Based on the analysis The systematics that have been done, studies have found There are four important themes in the study of health issues mental during the pandemic in Malaysia 1) The stage of community mental health 2) Factors that affect people's mental health, 3) Mental health and action power and 4) Efforts to deal with mental health issue. Therefore, in the future Studies on mental health issues need to be diversified more in accordance with current and post life pandemic. Studies can also be done across themes that as diverse as the study of family response Islamic in the face of mental health problems in the family. This is because studies like this can raise awareness of mental health as well as provide guidance to families to be actionable so that mental health issues can be identified and treated earlier.

Demographic factors are also an element that can contribute to mental health issues. Studies related to social demographic factors have an important influence on the occurrence of mental health. For example, the factor of residence also seen to have something to do with mental health. Rural residents have a tendency to having mental health issues compared to the population city. This is because the data shows the outside community cities have levels of depression and anxiety which is higher than the current one based on epidemiological data that may require intervention more rigorous and appropriate mental health by parties' applicable authority (Khairul Anwar et al., 2021). The factor of race or ancestry also has relationship with mental health demographics. Thus, it can be concluded that demographic factors are among the factors that can contribute to community mental health problems depend on As far as the seriousness of the stress and the challenges they are go through.

IMPLICATIONS

Clinically identified mental health issues are not frequently associated with sadness. It is a medical condition characterised by depressed moods that last for a long time. Everyday activities have also been impacted by the COVID-19 pandemic (Firdaus Abdul Ghani, 2020). The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), lists several criteria for mental disorders, including mood disorders, depression, irritability, loss of interest or pleasure in nearly all activities, significant weight changes or eating disorders, sleep disturbances, anxiety or psychomotor retardation, fatigue, valuable sense of self, loss of ability to focus, and frequent thoughts about death and suicide (Abdul Rashid et al. , 2020).

In a Chinese study of 1,210 COVID-19 victims, it was discovered that 16.5% of the participants had symptoms of depression ranging from mild to severe (Wang et al., 2020). Teenagers between the ages of 13 and 17 and

young adults between the ages of 18 and 23 who participated in an American Psychological Association (APA) study reported feeling uncertain, under a lot of stress, and exhibiting signs of mental illness. According to Jianyin et al. (2020), the official announcement of the legalisation of human-to-human infections, the tightened Movement Control Order, and the WHO's declaration that COVID-19 is a public health issue along with the economic downturn and rising unemployment were the three main events during the COVID-19 pandemic that sparked panic among the general public.

Society now lives in a restless and anxious condition as a result of this inducing dread and anxiety in them (De Hoog et al., 2008). People who just believed they had COVID-19 even though post-mortem results revealed that they were not infected with COVID 19, had committed suicide as a result of the peculiar circumstances surrounding COVID-19 (Goyal et al., 2020; Mamun & Griffiths, 2020).

CONCLUSION

The COVID-19 pandemic has had a significant impact on people in many aspects, especially on mental health. Therefore, mental health becomes a very significant issue in life in the face of the spread of this pandemic. There are a lot of research conducted on mental health issues in Malaysia. Based on the collection of articles and systematic analysis done, this study found that there are four important themes which include 1) mental health level, 2) mental health factors, 3) mental health and response and 4) intervention for mental health problem. Therefore, the researchers suggest that studies that study these issues in the future should further diversify the theme of the discussion in accordance with the current life such as examining the current situation of post-pandemic. Subsequent studies can also be done across diverse themes such as human effort or response in addressing mental health issues. This is because studies like this can contribute to public awareness of mental health. The community can also identify the early signs of mental health and seek treatment immediately. Indirectly, these mental health problems can be contained and controlled from continuing to increase.

REFERENCES

- Abd Malek, N. S. (2022). Peranan Kesihatan Mental Sebagai Moderator Terhadap Kecenderungan Bunuh Diri. *Jurnal Sains Sosial; Malaysian Journal of Social Sciences*, 5(1), 87-99.
- Abdul Rashid A. Aziz, Amin A. H., Zuraini A. & Noor Dahiah. S. (2020). Pengamalan Nilai Agama dalam Mengatasi Kemurungan Semasa Pandemik COVID-19. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 5(12), 31 - 44. <https://doi.org/https://doi.org/10.47405/mjssh.v5i12.593>
- Abdullah, W. H. W., & Zaki, H. (2020). Depression Symptoms: Methods of Treatment Through Al- Tibb Al- Nabawi Medicine(Gejala Kemurungan: Kaedah Rawatan Melalui Pengubatan Al-Tibb Al- Nabawiy). *Jurnal Islam dan Masyarakat Kontemporari*, 21(3), 215-234.
- Abur Hamdi U., Muhammad Fakhrrur R. S. , Marlon P. G., Razaleigh Muhamad @Kuwangit. (2020). Systematic Literature Review On The Requirement Of Quranic Psychotherapy Model: Paedophilia Recovery Foundation. *Humanities & Social Sciences Reviews*, Vol 8, No 2, 862-869.
- Ahmad, A. A., & Ambotang, A. S. B. (2020). Pengaruh kecerdasan emosi, kecerdasan spiritual dan persekitaran keluarga terhadap stres akademik murid sekolah menengah. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 5(5), 12-23.
- Aziz, A. R. A., Shafie, A. A. H., Ali, Z., & Dzainal, N. D. S. (2020). Pengamalan Nilai Agama dalam Mengatasi Kemurungan Semasa Pandemik COVID-19. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 5(12), 31-44.
- Aziz, A. R. A., Shafie, A. A. H., Lee, U. H. M. S., & Ashaari, R. N. S. R. (2020). Strategi pembangunan aspek kesejahteraan sendiri bagi mendepani tekanan akademik semasa wabak COVID- 19. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 5(12), 16-30.
- Aziz, A. R. A., Sukor, N. M., & Ab Razak, N. H. (2020). Wabak COVID-19: Pengurusan Aspek Kesihatan Mental Semasa Norma Baharu. *International Journal of Social Science Research*, 2(4), 156-174.
- Berita Harian. (2020, Oktober 10). Hampir setengah juta rakyat Malaysia alami simptom depresi. Capaian pada 26 Julai 2021 daripada <https://www.bharian.com.my/berita/nasional/2020/10/740400/hampir-setengah-juta-rakyat-malaysia-alami-simptom-depresi>.
- Dasar Kesihatan Mental Negara (2012). Kementerian Kesihatan Malaysia. Capaian pada 23 Oktober 2020 daripada https://www.moh.gov.my/moh/resources/Penerbitan/Rujukan/NCD/Kesihatan%20Mental/8_Dasar_Kesihatan_Mental_Negara.pdf.
- Daud, Z., Haridi, N. M., Alias, N., & Hasin, A. (2021). Kajian perbandingan kalangan pelajar Institusi Pengajian Tinggi terhadap simptom stres yang dialami ketika sesi pengajaran dan pembelajaran dalam talian era COVID-19: A comparative study among students of higher education institutions on stress symptoms during online teaching and learning in the era of COVID-19. *al-Irsyad: Journal of Islamic and Contemporary Issues*, 6(1), 615- 627.
- Farshoukh, M. (2019). Prophectic Mental Health: Kesihatan Mental Berpandukan Sunnah. *'Abqari Journal*, 17(1), 75-96.
- Firdaus, A. G. (2020, Mac 14). Impak psikologi akibat wabak COVID-19. Astro Awani. Dicapai pada 20 Julai 2021 daripada <https://www.astroawani.com/berita-malaysia/impak-psikologi-akibat-wabak-covid19-233648>
- Gishe, G.; Hailu, T.; Aman, R. and Dango, S. (2022). The perceptions of community members about coronavirus pandemic: A case study of Robe and Shashemene towns, Oromia Ethiopia. *African Journal of Social Work*, 12(3), 91-97.
- Goyal, K., Chauhan, P., Chhikara, K., Gupta, P., & Singh, M. P. (2020). Fear of COVID 2019: First suicidal case in India. *Asian Journal of Psychiatry*, 49, e101989
- Gunasegaran, Y..I.; Tan, K.-A. (2021). The Cross-Sectional Relations of COVID-19 Fear and Stress to Psychological Distress among Frontline Healthcare Workers in Selangor, Malaysia. *Int. J. Environ. Res. Public Health* 2021, 18, 10182. <https://doi.org/10.3390/ijerph181910182>.
- Hamid, T. A., Din, H. M., Bagat, M. F., & Ibrahim, R. (2021). Do Living Arrangements and Social Network Influence the Mental Health Status of Older Adults in Malaysia?. *Frontiers in Public Health*, 9.
- Harian Metro. (2020, Oktober 10). Hampir 0.5 juta warga Malaysia kemurungan. Retrieved Julai 25, 2021, from Harian Metro: https://www.hmetro.com.my/utama/2020/10/6292_99/hampir-05-juta-warga-malaysia-kemurungan.
- Hashim, S. N. A., & Saniff, S. M. (2020). Aplikasi Konsep Gaya Hidup Halal Untuk Kesejahteraan Mental. *Jurnal Sains Sosial: Malaysian Journal of Social Sciences*, 5(1), 58-65.
- Iwuagwu, A. O., Ugwu, L. O., Ugwuanyi, C. C., and Ngwu C. N. (2022). Family caregivers' awareness and perceived access to formal support care services available for older adults in Enugu State, Nigeria. *African Journal of Social Work*, 12(2), 12-20.
- Jianyin Q., Bin S., Min Z., Zhen W., Bin X., Yifeng X. (2020). A nationwide survey of psychological distress among Chinese people in the COVID-19 epidemic: implications and policy recommendations. *General Psychiatry*, 33(2), 33.

- Julis, S., Pital, P. P., & Wahed, W. J. E. (2021). Are you Healthy and Happy? A Cross-Sectional Study on Mental Health and Happiness among University Student-Athletes in Malaysia. *Journal of Academic Research in Business and Social Sciences*, 11(3), 1321-1331.
- Khayiom, A. (2020). Managing mental health in pandemic COVID-19 and movement control order. *Malaysia Medical Sciences*, 27(4):147-153.
- Khataybeh, Y. D. (2021). Examining the robustness of Zimbabwean social protection mechanisms in the context of Corona Virus Disease 2019 (COVID-19). *African Journal of Social Work*, 11(6), 362-370.
- Mohd Noor, N.; Che Yusof, R.; Yacob, M.A. (2021). Anxiety in Frontline and Non-Frontline Healthcare Providers in Kelantan, Malaysia. *International Journal of Environmental Research Public Health*, 18, 861.
- Mustaffa, N. (2020). Mengatasi kebimbangan semasa pandemik COVID-19 dengan pendekatan Teori Rational Emotive Behaviour Therapy (REBT). *Malaysian Journal of Social Sciences and Humanities*, 5(11), 10-16.
- Nadhirah, S. & Shahlan, S. (2022). Hubungan Strategi Daya Tindak dan Kesihatan Mental Terhadap Pelajar Luar Bandar dalam Menghadapi Pembelajaran Semasa Covid-19. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 7(3), e001379.
- Narendra Kumar, M..K.; Francis, B.; Hashim, A..H.; Zainal, N..Z.; Abdul Rashid, R.; Ng, C..G.; Danaee, M.; Hussain, N.; Sulaiman, A..H. (2022). Prevalence of Anxiety and Depression among Psychiatric Healthcare Workers during the COVID-19 Pandemic: A Malaysian Perspective. *Healthcare* 10, 532.
- National Health and Morbidity Survey (NHMS), (2017). Key Findings from the Adolescent Health and Nutrition Surveys Infographic Booklet April 2018.
- Rashid, A., Shafie, A., Hamidaton, U. & Syafiqah, R. (2020). “Strategi Pembangunan Aspek Kesejahteraan Kendiri bagi Mendepani Tekanan Akademik Semasa Wabak COVID- 19”. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 5(12): 16 - 30.
- Sachin, B. S.; Ramesh B., Saravana K. and Rajashekar C. (2022). The impact of the coronavirus disease 2019 (COVID-19) on social and mental health of students in higher education institutions in India. *African Journal of Social Work*, 12(2), 29-38
- Usman, A., Razi, F., Shahabudin, Gulen M., Muhamad, R. (2020). Systematic Literature Review On The Requirement Of Quranic Psychotherapy Model: Paedophilia Recovery Foundation. *Humanities & Social Sciences Reviews*, 8(2), 862-869.
- Uzuegbu, C. N. and Nnenna, U. O. (2022). Awareness and knowledge of family life education services among Nigerian youth: implications for social work. *African Journal of Social Work*, 12(3), 72-80
- Rathakrishnan B., Singh S.S.B., Yahaya A., Kamaluddin M. R., and Aziz S. F. A. (2022) The Relationship Among Spirituality, Fear, and Mental Health on COVID-19 Among Adults: An Exploratory Research. *Frontline Psychology*, 12:815332.
- World Health Organization. (2004). Promoting mental health: concepts, emerging evidence, practice (Summary Report). Geneva: World Health Organization.
- Wil, N. C., & Othman, N. (2021). Tahap Resilien dan Kesihatan Mental Individu di Era Pandemik Covid-19: Satu Kajian Empirikal dalam Kalangan Remaja di Malaysia. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 6(9), 26 - 34.
- Hijaz, M. (2020). Levels of Depression, Anxiety, and Stress Measured by DASS- 21 and their Associated Factors in a Rural Village of Ranau District, Sabah, Malaysia. *Acta Medical Philippina*, 1-9, 19.