

The effect of COVID-19 driven digital transformation on student's mental health and learning experiance in the uk

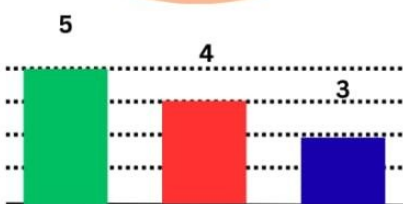
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intoduction

The COVID_19 pandemic led to rapid shift from traditional face-to-face teaching to online learning in higher education. Universitys adopted digital technologies to maintain academic continuity; however this transformation significantly changed students learning experiences and social interactions.this study explores the impact o digital learning on students engagement and mental wellbeing.

Recommendations

- Adopt blended learning models
- Increase interactive teaching methods
- Provide accessible mental health support
- Improve digital infrastructure



impact of digital learning on students

Aim

To examine how COVID-19 driven digital transformation has influenced students learning experiances and mental health higher education

Methodology

a systematic literature review (SRL) was used t analyse existing academic research. Data was collected from databases including Google scholar, science direct and taylor & francies.Key search term included "COVID-19", "online learning". and "studen metal health",Studies published between 2020 and 2024 were selected based on relevance and quality.A thematic analysis approachwas used to identify key pattern across the literature.

Conclusion

Digital transfoemation in higher education created both opportunities and challenges.While it improve flexiblity and accessibility, it negativley affected students engagement and mental health.

Key finding

Learning experiance

- Online learning ensured continuity during the pandemic
- Online increased flexiblity in accessing learning material
- Reduced motivation and independent learning challanges

Student engagement

- Limited interaction with lecturers and peers
- Lower participation in virtual classroom
- Digital fatigue effecting concentration

Mental health

- Increased anxiety, stree, and lonliness
- Social isolation due to lack of campus interaction