

## PSYCHOLOGICAL EFFECTS OF SOCIAL ISOLATION AND STRESS IN DISTANCE LEARNING

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**Annotation:** The article explores the psychological impact of social isolation and stress on students engaged in distance learning. It identifies emotional fatigue, decreased motivation, and digital burnout as major consequences and suggests coping strategies for maintaining mental health.

**Keywords:** social isolation, distance education, stress, psychological well-being, digital fatigue, mental health.

### Main Part

Distance learning, though flexible, can create psychological challenges due to limited face-to-face interaction and increased screen time. Prolonged social isolation leads to loneliness, anxiety, and reduced academic engagement.

Stress arises from technological difficulties, unclear expectations, and lack of peer support. Students often experience “Zoom fatigue” and attention depletion.

To mitigate these effects, schools should provide psychological counseling, promote online socialization, and integrate mindfulness practices into digital curricula. Regular teacher feedback and peer collaboration reduce the sense of isolation and enhance emotional resilience.

### References

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