

## Editorial

As of October 25, 2022, WHO reported a total of 625,248,843 confirmed cases of COVID-19 with 6,562,281 fatalities. Globally, more than 12 billion doses of the COVID-19 vaccination have been given. 98.2% of Malaysia's adult population (18–59 years old) has received both doses of the COVID-19 vaccine. With an economy that has begun to revive, the near future appears to be promising. Unresolved health problems still pose a serious threat, especially those that have an impact on people's mental health. Before the COVID-19 epidemic, there were mental health difficulties, and they got worse during the absolute lockdown. Health professionals claim that since movement control orders (MCO) have been elevated, more people are coming forward to ask for support and assistance with mental health difficulties.

In this issue, we published several papers on the effects of COVID-19 on the population, including one on the mental health of students when emergency remote teaching (ERT) is their only option for a teaching method, another on stress and coping mechanisms for students during the pandemic, and a third on the impact of body mass index, physical activity, and way of life during the pandemic. Without the customary face-to-face verification that students are awake and paying attention, emergency remote teaching (ERT) has the unfavourable effect of decreasing student attention throughout the online classes. Parents, academicians, and students themselves should be aware that >80% of students were experiencing moderate to high levels of stress during the pandemic. The fact that majority of students employ positive coping indicates that they have

reached a certain degree of maturity and are able to use this positive psychology technique. Nevertheless, seeking support, even for stress, should be in place. Due to the COVID-19 lockdowns, the students' eating behaviours have also been significantly influenced, leading to an increase in body weight and inactivity. If further analysis of these effects is done, it will be fascinating to observe whether these changes have reversed during the endemic phase of COVID-19.

The results of a qualitative study on government employees' perceptions of COVID-19 and the SOPs that were implemented are encouraging, as most respondents were knowledgeable about COVID-19 and its SOPs. Perhaps non-government employees with an income status below B40 can be the subject of the following qualitative study.

Manuscripts submission has been an increasing trend since last year for AJMHS. Only 22 of the more than 35 submissions the editors received for this publication of AJMHS (Volume 5 Issue 2) have gone through the peer-review and final accepted revision processes. The editorial staff would like to thank all the authors and peer reviewers who contributed to this issue of AJMHS as well as the CEO of the UniKL RCMP campus and the Dean of the Faculty of Medicine for their ongoing support of AJMHS.

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