

ABSTRACT

This study is aimed at exploring the mental health issues of EFL students in learning the English language and the strategies to cope with them. By employing a qualitative descriptive approach, the research uses a questionnaire to gather students' mental health experiences. Additionally, four volunteers were interviewed to dig deeper into their coping mechanisms. The results revealed that students are aware of the mental health issues they face with learning the English language were dominated by anxiety and stress. It was revealed that depression and sleeping problems were the least mental health issues students faced. While the questionnaire showed students are facing depression, volunteered participants disagreed the feeling depressed during language learning. Sleeping problems are also shown to only affect students when they are facing exams. Students revealed having four different strategies, such as talking to friends and family, enjoying entertainment such as watching movies, listening to music, engaging in social media, and outdoor activities, to maintain their mental health. This implies an understanding of mental health challenges in learning the English language leads to a better learning habit. Furthermore, by being able to maintain mental health problems, students can achieve good social and academic goals.

Keywords: anxiety, depression, EFL undergraduate, mental health, stress,