

How to Cite:

Alkhalwaldeh, A. N., Alhalalmeh, S. T., Alhjoor, A. S. A., & Al – Dlah, M. M. (2022). The impact of social distancing on the psychological quality of life during COVID-19 for Jordanian University students. *International Journal of Health Sciences*, 6(S5), 2470–2486.
<https://doi.org/10.53730/ijhs.v6nS5.9182>

The impact of social distancing on the psychological quality of life during COVID-19 for Jordanian University students

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Abstract---Ever since the beginning of the Covid-19 outbreak from Wuhan China in December 2019, the need for Global lockdowns on a wide range emerged, thus limiting human interactions with one another. These limitations were believed to have been a direct impacting factor on people's general mental health and the psychological quality of life. To investigate the effects of social distancing on the quality of life of the humankind, more particularly the psychological variations that were caused by the said situation, a self-administered cross-sectional quasi-structured questionnaire was developed. The results of the study point out the huge impact of social distancing on the psychology of humankind. Overall, 54.2% of the students committed to social distancing during the Corona pandemic, while 13.7% of them didn't. And for the overall impact of social distancing on the psychological quality of life, the overall mean was 1.79 out of 3, only 10.7% of students reported a high impact on their life, and 48% of them affected with medium level. Males and students with low economic status were the most physiological affected by social distancing. The second-year students are the most affected physiologically by social distancing in terms of mental health. While the fourth-year students affected more from other aspects.

Keywords---COVID-19, Mental Health, Psychology, Quality of Life, Social Distancing.

Introduction

Human behaviors, cognitive processes, and interactive contexts naturalistic human interaction must integrate simultaneously (Dale et al., 2013). Social human interactions are considered an intrinsic part of the experience of everyday life; it is also axiomatic that social interactions are an essential aspect of the psychological health of people. In fact, having a broad network of acquaintances and friends that one could resort to and interact with daily is fundamental for mental health boosting and for one's general psychological consolidation. For instance, many students who opt for the online learning as a main choice struggle a lot due to the lack of social interactions with their peers, acquaintances and teachers (Boyers, 2013).

Coronavirus has undoubtedly represented a genuine challenge to humankind. In general, many institutions and sectors had to comply with the lockdown rules and abide by the social distancing regulations to help aid the curbing of the virus spreading. Lockdown procedures have been implemented around the world to stop the spread of COVID-19. (Haider et al., 2020). During the phase of covid-19 lockdowns that occurred on an international level, social interactions had to have been sacrificed on a face-to-face level, as the transmission of coronavirus on a community level dictates that one should consider social distancing as a protective resort against the virus. Therefore, human interactions have been limited to mainly revolve around internet connections, and a limited number of trusted human exposure.

It is a truth that enforcing social distance had numerous drawbacks during the Covid-19 pandemic. Increased social rejection, growing impersonality and individuality, and the loss of a sense of community are all threats that social distancing poses to society. It negatively affects learning and growth, and it prevents people from effectively socializing, which is a fundamental human need (Sikali, 2020). Social distancing also affected many regional sectors and accordingly many institutions just the same way that it affected these sectors and institutions on an international level. Moreover, despite the competence and mastery that authorities and governmental bodies have had over controlling the situations, many negative consequences, limitations, and impacts emerged due to the situation. According to Gopalan & Misra (2020), the lockdowns have caused financial losses on a wide range and have impacted all sectors of society. And these impacts represented major setbacks to the successful trailer that had been achieved prior to the pandemic.

Despite the convenience and ease of social media platforms that were made to fulfill the need for interacting with a wide range of human networks, and that were turned to once other alternatives had to be figured out to compensate for the lack of human physical presence in various sectors. Social media platforms are certainly not the perfect alternative to interactions that occur on a face-to-face level. For example, the educational sector suffered a lot due to the limitations that

were presented within this period. During this pandemic, students from rural places and marginalized groups face great hurdles in their studies (Kapasia et al., 2020).

In addition to the disruption and the miscommunication that might be caused due to internet socializing, lack of face-to-face interactions is believed to be a major reason for the emergence of many psychological issues. Students have been dealing with a variety of issues at home, including sadness, anxiety, poor internet connectivity, and an unsuitable study environment (Kapasia et al., 2020).

Therefore, it is well established that social distancing and Covid-19 lockdowns have caused many psychological issues in a variety of different fields, the educational sector being included. As stated by Grover et al. (2020), it is of huge importance to expand on the mental health services during the lockdown circumstances. It is generally thought to be of high advantage to study and investigate the different influences that social distancing has had on the psychology of human beings in general, more particularly on the psychology of students at the universities of Jordan, as it will help to enhance the approaches that are being taken under such circumstances.

Most countries have established social distance regulations in response to the global COVID-19 outbreak (Parmet & Sinha, 2020). After so long of a journey, social distancing regulations are still taken into consideration in many institutions, though with less intensity, which is more reason to investigate the topic and the problems associated with it fatherly. With all these aspects in mind and considering all of the psychological side effects that social distancing has had on many people, it is most definitely enticing to explore these impacts thoroughly, on a slice of the Jordanian community.

For the purposes of tackling these issues, the research at hand is built and structured to extend an inspection of the various impacts that social distancing has had so far on the psychology of the quality of life during Covid-19 pandemic. An evaluation is set forth that aims to examine these impacts by way of a cross-sectional quasi-structured questionnaire.

The significance of the study

The current study is theoretically of fundamental importance as it extends several previously conducted research that have been investigating the same key factors. This one indeed expands the database of information that treats the same problem; it would also allow a ground for comparison according to differences in results and based on similarities as well. The current research would also represent a great future source for future researchers to benefit from it and refer to it in their own respective research studies, by enriching the educational literature review and contributing to that matter. The current study is designated to investigate and assess the impact that social distance has on the psychological quality of life during the phase of covid-19.

The practical importance of this study manifests itself in the role of identifying the best measures that could be taken into consideration to deal with the

consequences of social distancing in the short term and the long term in a variety of different methods, from the point of view of several individuals that have been subjected to the look down circumstances and have experienced the various social distancing consequences physically and mentally.

The purpose of the study

The research topic is arranging and planning to investigate the impact of social distancing on the psychology of human beings, more particularly the students at Jordanian universities, and how did social distancing affect the quality of their life during covid-19 lockdowns. Moreover, the research study is mainly aimed to evaluate the extent to which the participants in the study method to social distancing regulations during the pandemic, as it also investigates the influence of various aspects of the pandemic circumstances, that is social distancing on the psychological quality of life from mental and social dimension. Overall, the aim of the study is:

- To measure the extent to which student have committed to the social distancing regulations in Jordan during the pandemic of Covid-19
- To determine the different impacts that social distancing had on the psychological quality of life of the Jordanian people during the pandemic of Covid-19
- To identify the influences of the internet use on the psychological quality of life during the pandemic of Covid-19
- To investigate whether there is a statistically significant difference in the effect of social distancing on the physiological quality of life according to the gender, economic level, and academic year of the students.

Literature Review

A study that was conducted by Khan et al. (2021), investigating the quality of life during Covid-19 outbreak, from a variety of different psychological aspects in Bangladesh. Particularly, the research explores the impacts of the government strategies, the impacts of social distancing, and the impacts of the moderating effect of emotional recovery on the psychological distress, and on the equality of life. The research study relied mainly on the main principles of the attachment theory and learned helplessness. The findings of the research detected and negative influence of both social distancing and government strategies on people's psychological distress to that matter. The outcomes also revealed that the strategies of the government came with noticeable advantages effect on their regulations of social distancing. Moreover, the psychological distress was revealed to have had a significant negative impact on the quality of life of the people, and the emotional recovery does not demonstrate any moderating influence between the psychological distress and equality of life during the pandemic of Covid-19.

Another study published by Tran et al. (2020) intended to investigate the effects of Covid-19 on the economic well-being and the general quality of life in Vietnam, during the social distancing period. The data gathering process was carried out using a cross-sectional study on a web-based method, and it covered various socio-economic economic characteristics, The effect that covered 19 had on incomes per capita, is a general health status of the inhabitants, and the health-related quality of life. The study covers 3410 respondents of which 66.9% suffered

from a complete income loss because of the lockdown. Other workers reported a reduction in their income. As for the percentages of anxiety and depression, the figures refer to 38.7% proportion of inhabitants suffering from anxiety and depression problems.

Another research study that was conducted by Megreya et al. (2021), that evaluates the impacts of Covid-19 during the lockdown in Qatar that aimed to investigate the linkages between the various demographic variables, and its reflection on the social distancing situation and intended to explore the occurrences of the mood changes among the inhabitants, and the general quality of life. The results of the study were outstanding, as they revealed that respondents of older ages, also the married respondents, and the employed ones were generally more content with the social distancing situation than the younger, unmarried, and unemployed ones. On another front, the participants admitted that during the pandemic, many of them suffered from psychological health issues such as distress and irritation and nervousness. In contrast, a higher number of respondents indicated General positive feelings appearance during this pandemic, such as feeling more attentive alert and feeling less guilt. In a not so social distance according to the research results was linked to negative influences in a positive way, was social avoidance was linked to positive influences in a positive way, alongside the physical, psychological, and environmental quality of life. Finally, yet importantly, positive impacts were associated positively, and negative impacts were associated negatively with the four areas of quality of life.

One particular study conducted by Geirdal et al. (2021) aimed to analyze and assess mental health, quality of life, well-being, loneliness, and the use of social media platforms during Covid-19 pandemic. The study was designed to investigate the situation in various countries, including Norway, the United States of America, the United Kingdom, and Australia. As for the approaches that the study relied on, the researchers chose to employ a cross country survey. The outcomes showed that whereas a total number of 3810 participants in the study from all of the four countries, a proportion of 50 to 74% indicated a relatively high level of emotional distress during that time. On the comparison front, the inhabitants of Norway reported comparatively an overall better mental health status quality of life and well-being, and lower levels of loneliness feeling in comparison with the three other countries. Moreover, regarding the use of social media platforms during the pandemic outbreak, the use of these platforms was mainly linked to people of mental health status and with those who suffer from psychological health issues.

Psychosocial effects of social distancing and isolation during Covid-19 pandemic were analyzed by Dalise et al. (2021). The study cared intrinsically for patients with physical disabilities; as such, the research was designed to shed the light on the impact of the pandemic circumstantial issues on this slice of the community. To that aim, a cross-sectional observational study was carried out. The results indicated that people with physical disabilities to everyone's surprise showed a less intense negative response to the pandemic situation, and they showed better coping mechanisms when it comes to dealing with isolation and social distancing.

Capuano et al. (2021) conducted a study that aimed to diagnose the psychological consequences of the pandemic in Italy. The purpose of the study was to evaluate the impact of the situation on the levels of anxiety, depression, and the quality of life during Coronavirus outbreak. 67 patients with a previous neuropsychological evaluation that took place within less than 6 months were assessed. For the purposes of comparing these patients' general status when it comes to evaluating the mood and equality of life before and during the pandemic, this study was conducted. The results showed no worse anxiety and depression levels among the patients, and in addition, enhancements were observed when it comes to the quality-of-life parameter.

Further studies were found concerning this subject, for example, one study that was conducted in South Korea by Park et al. (2021), the main purpose of which was to inspect the effects of the pandemic on the general lifestyle, the mental health status, and the quality of life of adults in the country, more particularly inhabitants over 20 years old. The sample of the study focused on 104 participants whose age was over 20. The results showed decrease in general physical activities, however, the findings showed no big changes in the nutritional status, except for carbohydrates and minerals consumption. The findings also indicated and noticeable decline in the quality of life and the mental health of the participants.

A study was conducted by Di Corrado (2020) concerning the impacts of social distancing on the psychological status and the physical activities during the pandemic of covid-19. The study was conducted in Italy, and the purpose of which was to observe the changes in the behavioral, emotional, and psychological aspects of the community. A total number of 670 adults were required to fill out an online questionnaire, for the researchers to be able to gather sufficient data regarding the demographics of the respondents, and the physical and emotional symptoms that appeared on the respondents within 40 days period. After collecting the data, data analysis was performed to be able to come out with a readable type of information. The results showed that more than 50% of the participants indicated and noticeable psychological impact and a noticeable physical impact, which infers a significant challenge caused by the pandemic circumstantial situation.

Another study that was conducted by Bang et al. (2021), investigated the changes that occurred in the lifestyle due to the covid-19 pandemic restrictions, and the impacts that these changes had on the quality of life in South Korea. In the said study, a generic diagnosis of the psychological alterations parameters was carried out, in order to identify which ones, influence the quality of life in a positive way and which ones affect the quality of life in a negative way. For the diagnosis to be performed, an online survey was relied on, in which 1,000 and 11 adults of ages more than 19 years old in Busan were asked to participate. The quality-of-life measurements were assessed using the quality of life - BREF by the world health organization. In addition, queries that cover the psychological alterations during the pandemic were included. The research observed a relationship between the difficulty in keeping social distances with the quality of life associated with psychological and social relationships. One last linkage was noticed regarding the

interest that one takes in how to spend one's time alone with the quality of life when it comes to all domains.

A study by Schandl et al. (2021) looked on the health-related quality of life among esophageal cancer survivors during the pandemic. The study's goal was to see how the pandemic affected esophageal cancer survivors and to figure out what factors influenced their health quality of life. The goal of the study was approached via telephone interviewing procedures after 5 and 13 weeks from the start of the social distancing regulations. The European organization for research and treatment of cancer quality of life questionnaire asked respondents to answer questions from scale items. There was a total of 134 people that took part in the poll. For the 5 weeks after the outbreak respondents, a decline in role function was observed with the participants, and the participants and this period highly committed to the lockdown regulations. Moreover, unless fatigue levels were seen with this group of participants. for the 13 weeks after the outbreak respondents' group, a major decline and role function continued up until the week 13, and it was detected that the risk variables with this group of respondents was less substantial. In addition, fatigue enhancements no longer been found. All in all, the study infers that esophageal cancer survivors' regulations to a high level.

A particular study conducted by Algahtani et al. (2021) that aspired to evaluate the quality of life from a general perspective during the pandemic of Coronavirus in Saudi Arabia. The information that was gathered from the respondents was according to socio-demographic parameters, the physical health status of the respondents, the psychological reactions that the respondents were showing, and the general quality of life of each respondent. The research employed a number of 12 items released by the world health organization's quality of life instruments in order to investigate the quality of life of the participants. The findings indicated the enormous impact the Covid-19 pandemic had on people from a variety of different perspectives, regarding the quality of life of the Earth, in addition to their physical and psychological health.

Keshky et al. did another study that looked into the impact of the pandemic on the psychology of sustainability, quality of life, and the global economy (2020). The research study's technique included scouring the internet for literature, including published journal publications. The search was mostly for material centered on the covid-19 epidemic, as well as articles, research papers, journals, and news stories. Because they satisfied the requirements, 61 research studies were chosen. The research paper compared the situation and the developed countries with the situation and the developing and the poor nations, only to find out that the poor nations were the greatest recipient of the major impact due to the pandemic from a variety of different perspectives.

The psychological and psychiatric influence of the coronavirus pandemic was investigated among children and teenagers, and a study was conducted by Diolmi & Pisani (2020). Their search turned over an evident rise and the anxiety and depression levels among the children and adolescents due to the pandemic in a way, and due to the isolation and the stress of the parents from a completely different perspective. Excellent academic achievers, females, and families with limited incomes were found to be at relatively higher risk to be subjected to

psychiatric symptoms due to the pandemic compared to other groups. The research paper came with the suggestion that there is a general need for planning out new approaches and ways to help inhabitants and individuals cope with the pandemic, especially for children and adolescents.

Another research that set the ground for investigating the state of employment and certainty and the mental health issues that arise due to the Covid-19 pandemic restrictions, was conducted by Ruffolo et al. (2021). The cross-sectional research study focused on comparing the employment situation and four different countries being Norway the United Kingdom the United States of America and Australia. The research also investigates the mental health among the employees of each respective country. The number of participants and the study was 3,810 participants. The respondents were requested to fill out a self-administered survey over a period of three weeks. The researchers found that employed participants showed significantly lower levels of mental health issues in comparison with the unemployed ones, which is not surprising. In addition, higher well-being levels and better quality of life, lower levels of loneliness of all types were noticed in the employed respondents. Results indicate better mental health status for the employed respondents when compared with the unemployed from the four countries.

Methodology

The current quantitative study is classified as investigative evaluative in its nature, and its eventual purpose is to inspect several parameters associated with coronavirus pandemic lockdown restrictions from various perspectives, and eventually to be considered a continuation of several previously conducted research projects concerning the same topic. In addition, the current research aims to assess the various impacts of various parameters of covid-19 on the psychological quality of life. These parameters are the extent of commitment to social distancing regulations parameter, the social distancing parameter, the social dimension parameter, and the internet use parameter. The current research relies on coming up with the results and findings by way of the questionnaire approach.

Participants in questionnaires could respond to the questionnaire questions anonymously, thus keeping their own privacy. The set anonymity characteristic might appeal to a larger number of respondents from the sample of interest to participate in the research study, thus eliminating the complications of having to persuade participants to reveal their identities, as the researchers most of the time are only interested in the information that the participants must provide. When desiring to further expand the study sample to include a larger range, the questionnaire method is the way to go. As the questionnaire method allows the researchers to gather data from the targeted audience on a larger range when needed, thus supporting the research outcomes, boosting the sample study, and increasing the accuracy and precision of the outcomes.

As we established using the questionnaire method for the current research topic, the entirety of the questionnaire included close-ended types of questions, including the personal questions data section. Close-ended questions give the

advantage of supplying the researcher with filtered data. It is known that filtered data is preferred over the other types of data, as it exempts the researcher from any type of cleaning out process, which necessarily include eliminating irrelevant, unwanted, corrupt, or incorrect responses, thus sparing the researcher from having to consume an extra amount of time working on the database.

The research questionnaire associated with the current research topic utilizes close-ended questions in a way that evaluates the impact of social distancing on the psychological quality of life from three different aspects. In other words, the entirety of the questionnaire employees evaluative question points, from the type of to what extent kinds of questions that help assess the required factors. These questions belong to a type of closed-ended questions called Likert-scale question type. That ranged from no, to some extent, and yes.

The study design:

The questionnaire of the research consists of two main parts, the first part being the personal information sector, where their respondents are requested to provide their own personal information, such as their respective gender details, economic status details, and their academic year. After that the next section investigate the extent to which students of Isra Jordanian university complied with the social distancing regulations during the pandemic. Within it, four sentences with several predefined options varying from yes, to some extent, no was set forth in order for the participants to be able to choose from.

The second part of the questionnaire pertains to the actual evaluation process that the current research study promised to deliver. Within it, three different parameters regarding the social distancing process during the coronavirus pandemic were evaluated separately.

The first parameter had to do with the impact that social distancing had on the mental health quality of life among the students of the sample of interest. This factor was measured by five items. The second parameter came for the purposes of assessing the influence of social dimension on the social quality of life among the students of the sample of interest. The number of items in this part of the questionnaire is five items The second parameter was presented to evaluate the effect of internet use on the psychological quality of life due to social distancing among the students of the sample of interest. To achieve that a set of sentences concerning the effect of internet use on the psychological quality of life among the students. This factor is measured by five items. To evaluate this parameter, a set of yes, to some extent, no, sentences were set forward from which the respondent had to choose the answer that most describes their situation.

These experiences are described as unfavorable (e.g., "Rapid anger, irritability, psychological distress, and lack of personal space at home"). On each item, the participant selects one of three response categories to indicate how much of the item's content they have experienced during social distancing period ("No," "To some extent," or "Yes"). To make the questionnaire more accessible, convenient, and easier to the respondents, so that it appeals to them to take part in the study with ease, and Arabic version of the exact same questionnaire was provided.

Data collection:

To collect the necessary data for the evaluation process related to the topic of interest, pertaining the impact of social distancing due to coronavirus pandemic on the individuals from a variety of different perspectives, the questionnaire method was chosen. Data collection must be carried out with great care (Bar-Ilan, 2001). The questionnaire type basically relies on gathering information or gathering data of interest simply by directing previously designed questions to the respondents or the participants who agreed to take part in the questionnaire of the study.

An invitation to participate in the study via a self-administered survey was sent out in April 2022 via various social media platforms such as Facebook, Instagram, and Twitter. As it is important for the study to present authentic and realistic results, without resorting to any type of data biasing, the questionnaire that is assigned to answer the research questions was designed in a generic bereave way, that shows no interest or favorability to any side of the scale whatsoever.

As shown by the questionnaire, the questionnaire parts, and the questionnaire items respective to each part evidently cover all the current research questions that have been stated from all angles and with respect to all of the aspects of each one. Any response to any of these items or these parts would directly participate in answering one or all the research questions. To make things easy for the participants in the study, they were simply asked to fill out the questionnaire with their best answers and turn it back to the researcher.

The Study Population:

The research questionnaire was built to be presented to the students of Isra University in Jordan exclusively. The overall number students in the university are 5,623 students. Therefore, the minimum sample size required is 360 to have a confidence level of 95% that the real value is within $\pm 5\%$ of the surveyed value. 373 Valid respondents from the said University took part in the responding process to the questionnaire questions. The research questionnaire is the signed anyway to be directed to a slice of the Jordanian community, in particular the students of Isra university in Jordan.

Data Analysis

The last step in the process is represented in the data analysis process. For the data analysis process, the Statistical Package for Social Sciences (SPSS) version 26 (IBM Corporation, Armonk, NY) was used to come up with the readable data. The demographic variables were analyzed with frequencies and percentages values for each attribute. While the mean and standard deviation were used to analyze Likert scale items. And one way ANOVA test was used to test investigate whether there is a statistically significant difference in the effect of social distancing on the physiological quality of life according to the gender, economic level, and academic year of the students.

The questionnaire's validity and reliability were examined. Cronbach's alpha ranged from 0.707 to 0.864, which indicate a good internal consistency. When assessing the correlation between the questions and the total value, the validity

tests in the current questionnaire revealed a significant level of 0.05, suggesting the questionnaire's validity in this entire sample.

The distribution of data for a given variable is referred to as normality (Geary, 1947). The skewness and kurtosis were assessed during the evaluation. The histogram was used to determine the data's skewness. This was done to determine whether the distribution was usual. The shape was assessed to see how skewed it is to the left or right. Kurtosis was used to determine if the distribution was peaky or flat (George & Mallery, 2019).

Results

Demographics

A total of 373 students responded to the online survey (85.3% female). Among these, 293 (78.6%) were within medium material level. When it comes to the academic year, 213 (57.1%) were first-year students, followed by those who were third year students 80 (21.4%).

Table 1: Sociodemographic characteristics for total sample (n=373)

	Characteristics	Frequency (N)	Percent (%)
Gender	Male	55	14.7
	Female	318	85.3
Economic status	Low	65	17.4
	Medium	293	78.6
	High	15	4
Academic year	First	213	57.1
	Second	42	11.3
	Third	80	21.4
	Fourth	38	10.2

Descriptive Statistics

Table 2 presents the descriptive statistics of the variables. For the items that measured the extent of Jordanian university students' commitment to social distancing during the Corona pandemic (SD), the mean values for these items ranged between 2.23 to 2.54. From these four items, the highest percentages of the respondents when they feel flu symptoms, they stay home and consult a doctor (SD3). On the other hand, students didn't commit to bring hand sanitizer and alcohol when they leave the house (SD4) with a high percentage compared to other instructions. Overall, 54.2% of the students committed to social distancing during the Corona pandemic, while 13.7% of them didn't.

For the items measured the impact of social distancing on mental quality of life, the highest number mean the lowest quality of life due to social distancing. The mean values ranged from 1.56 for ME2 (social distancing made the students feel loneliness and isolation at home, frustration, and became away from friends and school in a low level), to 1.75 for ME1 (social distancing made the students feel

anxious, stressed, depressed, and afraid of infection with the virus with a medium level).

For the impact of the social distancing on the social quality of life, (SE) the mean values ranged from 1.43 for SE5 (social distancing made the students neglect their studies and be not happy to be in the university in a low level), to 1.87 SE3 (social distancing caused economic problems, and the parents of the students lost their jobs).

The social distancing impact the internet use that may affect the psychological quality of life. This appears in the mean values of the UI items. Where it ranged from 2.45 for UI1 (They increased the use of the Internet social media to contact with their friends and spend their free time with a high level), to 1.64 for UI2 (The frequent use of the Internet annoyed the students from others, and they cannot accept their criticism with a low level). Also from Table 2, It is clear that the values of skewness and kurtosis were within the range of -2 and $+2$, all variables followed a normal distribution.

Table 2: Descriptive statistics of the study items

Item.	Mean	Standard Deviation	Skewness	Kurtosis
SD1	2.31	0.714	-.529	-.905
SD2	2.25	0.670	-.348	-.798
SD3	2.54	0.649	-1.094	.042
SD4	2.23	0.808	-.432	-1.341
Total	2.33	0.520	-.658	-.375
ME1	1.75	.800	.486	-1.277
ME2	1.56	.786	.943	-.732
ME3	1.64	.762	.709	-.937
ME4	1.64	.780	.731	-.980
ME5	1.67	.794	.661	-1.106
Total	1.65	.541	.609	-.638
SE1	1.83	.789	.319	-1.327
SE2	1.77	.789	.428	-1.272
SE3	1.87	.882	.265	-1.666
SE4	1.69	.833	.643	-1.259
SE5	1.43	.690	1.327	.348
Total	1.72	.552	.546	-.767
UI1	2.45	.766	-.952	-.644
UI2	1.64	.783	.727	-.996
UI3	1.84	.778	.278	-1.297
UI4	1.68	.815	.647	-1.193
UI5	2.42	.682	-.760	-.577
Total	2.00	.532	.235	-.842
QOL	1.79	.459	0.406	.704

Figure 1 presents the percentages for the level of impact on the quality of life (Low, Medium, High) due to social distancing. For the mental health aspect,

13.7% of the student, their mental quality of life was greatly affected due to social distancing. While 27.3% of them affected their mental health at a medium level. Regarding the degree of influence on social life from a psychological point of view, 19.8% were affected with a high level. But 29.1% of the students were psychological affected by increased internet use with a high level, while only 30% didn't. For the overall impact of social distancing on the psychological quality of life (QOL), the overall mean was 1.79 (medium effect). And only 10.7% of students reported a high impact on their life.

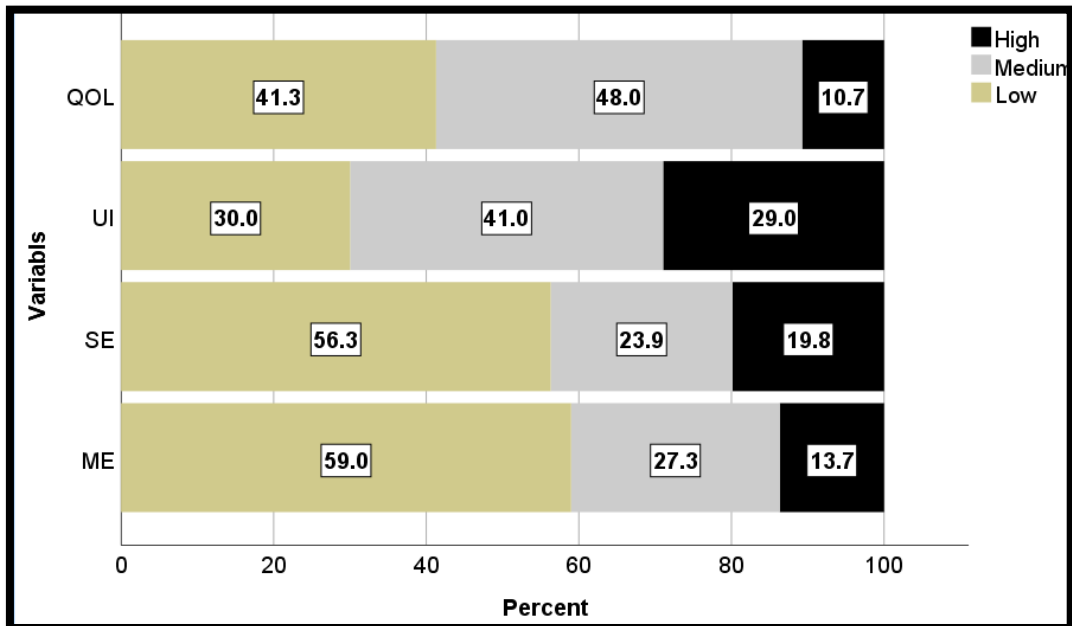


Figure1: The percentages for all level of impact on psychological quality of life due to social distancing

The results of ANOVA test were shown in Table3. The effect of social distancing on males more than females in physiological aspect. But the significant difference occurred only in the effect of increased using of Internet. Students with high economic status were the most committed to social distancing instructions. While students with low economic status were the most physiological affected by social distancing. And these differences were significant. For the academic year, the differences between students according to the study year was also significant and the second-year students were the most physiological affected by social distancing.

Table 3: Results of ANOVA test

Variables	SD		ME		SE		UI		QOL	
	Mean	P-value	Mean	P-value	Mean	P-value	Mean	P-value	Mean	P-value
Gender										
Male	2.35	0.726	1.68	0.678	1.76	0.55	2.15	0.027	1.86	0.210
Female	2.33		1.65		1.71		1.98		1.78	
Economic status										
Low	2.18	0.031	1.91	0.000	2.06	0.000	2.12	0.01	2.03	0.000
Medium	2.36		1.61		1.66		2.00		1.76	
High	2.43		1.27		1.31		1.67		1.41	
Academic year										
First	2.37	0.042	1.65	0.045	1.71	0.000	2.00	0.347	1.79	0.014
Second	2.13		1.84		1.81		2.10		1.92	
Third	2.32		1.55		1.55		1.94		1.68	
Fourth	2.38		1.67		1.98		2.07		1.91	

Discussion

It is well established that social distancing and Covid-19 lockdowns have caused many psychological issues in a variety of different fields, the educational sector being included. As stated by Grover et al. (2020), it is of huge importance to expand on the mental health services during the lockdown circumstances. It is generally thought to be of high advantage to study and investigate the different influences that social distancing has had on the psychology of human beings in general, more particularly on the psychology of students at the universities of Jordan, as it will help to enhance the approaches that are being taken under such circumstances.

The study's eventual goal was to identify the various social distancing contributing factors that affect either directly or indirectly the psychology of human beings on the quality of life. The current study is also rendered of vital importance because it exemplifies supplementary knowledge to both the psychiatric field and the sociology field, which in turn would prove as an advantageous additive due to the limited number of studies that investigated the same problem, as it only begins to emerge not so long ago from now.

The said questionnaire is designed in a way to cover and include all the different aspects that this research topic has taken into consideration. In other words, the questionnaire is built to gather an adequate amount of data that answer the research queries that revolve around four main different interlocutors. These interlocutors are represented by each of the following: people's commitment to social distancing regulations during the pandemic of Covid-19, the impact that social distancing has had on the psychological quality of life during the pandemic of Covid-19 in term of mental health, social influence, and the impact of the use of the Internet on the psychological quality of life during the pandemic of Covid-19.

The level of impact on the quality of life due to social distancing were as follow: 13.7% of the student, their mental quality of life was greatly affected due to social distancing, 19.8% of them their social life was affected by social distancing with a high level, and 29.1% of the students were psychological affected by increased

internet use with a high level. Thus, social distancing had an impact on the psychological quality of life with a medium level. The percentages in this study were less than in previous studies (Di Corrado, 2020) may because it conducted in April 2022, that is, after the decision of the Jordanian Ministry of Health to ease preventive measures and open sectors with the recommendations of the National Committee to Combat the Epidemic. And this may affect the psychological quality of life positively.

The largest number of the students reported that social distancing caused economic problems, and the parents of them lost their jobs. This result is consistent with Gopalan & Misra (2020), And these impacts represented major setbacks to the successful trailer that had been achieved prior to the pandemic. The students also stated that they faced problem with online learning, as also conclude by many studies during this pandemic due to poor internet connectivity, and unfavorable study environment at home (Kapasia et al., 2020). Since this decision wasn't planned in a good way in Jordan before implementing it.

The students also suffered from anxiety and depression problems due to social distancing as also found by Tran et al. (2020); Geirdal et al. (2021). The low quality of life level may associate with higher stress levels while maintaining personal hygiene. During the pandemic outbreak, the use of social media platforms was primarily associated with those with mental health concerns and those who suffer from psychological health issues.

In this study, the effect of social distancing on males more than females in physiological aspect. And this result is inconsistent with Diolmi & Pisani (2020) study and consistence with Tran et al. (2020). Males in our community have high freedom, unlike women who are restricted in many things. Thus, the preventive measures such as social distancing affected them more. As well, fourth year students were the most committed to social distancing instructions and were most physiological affected by social distancing in term of increased using of the internet and social aspects. Since these students were oldest and older ages were generally more content with the social distancing situation than the younger (Megreya et al. 2021). Also, may be due to that these students are in their last year at the university and of course their concerns about their future are high.

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