

Things I Do To Keep My Sanity during ODL



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According to Princeton's Wordnet and Wiktionary, a student is enrolled in an educational institution studying a specific academic subject. Typically, students are those who are trying their best to pursue a Degree, Master or PhD. Therefore, they aim to hit 4.0 pointer for the sake of a future that promises stable jobs. Of course, a good result is not everything, but that is just how it is in most students' lives.

Why do I say that? Because I, myself, is a student who work hard to do my best, struggling to survive along the journey heading to success. And the most crucial thing is struggling not to give up. For almost three semesters, I have been stuck in online distance learning (ODL) that sometimes testing my sanity.



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Moreover, with all sorts of unforeseen problems occurring, various unfavourable feels linger in the heart. With all the workloads that keep on pressing me, which make me discouraged and almost give up from continuing my studies, I try to find something that can maintain the momentum of my spirit to continue this journey.

So, one way to take care of myself through this difficult time is by taking some time off and using my smartphone to scroll through social media such as Twitter. According to an article written by Saleem Alhabash and Mengyan Ma from Michigan State University in 2017, Twitter is mainly used for social engagement, information sharing, information seeking, self-documentation, and self-expression.

There is always storytelling in Twitter about some tragedies that happen all around the world. Once in a while, reading on Twitter about someone else's situations makes me realize that there are other people whose problems are worse than mine. These stories give me some reasons to self-reflect and be more grateful.



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The second thing I do to stay motivated is listening to different genres of music or songs. I love music so much. I would listen to, understand, and appreciate the meaning of the lyrics and enjoy the instrumental tunes of the songs.

European Journal of Molecular and Clinical Medicine (EJMCM, 2020) indicates that music therapy is a highly effective way of pain relief. It is also reported in this journal that listening to music helps the listeners to feel better. In fact, music therapy is an excellent approach to improve one's emotional condition.

Furthermore, understanding every lyric written gives me a new perspective about certain things, as the more I listen, the more I know about the reality of the world. This makes

me realize that the obstacles in the university's life is very little or minor as compared to the reality of the real world. Automatically, the difficulties encountered during this ODL can mature me.

Another effective way is to take a deep breath, go far away from a pile of work and do *istighfar*. I also keep reminding myself that this is one of my *Jihads*. Based on *Riwayat Muslim*, from Abu Hurairah R.A., that the Prophet S.A.W. said, "Whoever takes a path to seek knowledge, then Allah S.W.T. will make it easier for him to enter Heaven."

I am sure after all the hardships and fatigue experienced, there are definitely good things ahead. May every human being, no matter whether he or she is a student, a lecturer, a front liner, or even an unemployed person, in Islam we have been taught to keep believing in all plans that Allah has arranged for us. Most importantly, always ask for help from Him.