

Mental Health Awareness in English Language Learning: A Literature Review to Explore the Advantages and Challenges

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ABSTRACT

ABSTRACT This purpose of this study is to explore the integration of mental health awareness in English language learning, highlighting its advantages and challenges. This study utilized a systematic review of the literature. There are five steps to collect the data including determining the source of related information, study selection, data collection process, determine eligibility criteria, select of the data items. The findings found in this study indicate the main benefits of integrating mental health awareness, such as increased student enjoyment and academic achievement. In addition, the need for educators to design effective learning and the lack of knowledge in integrating mental health awareness into the language classroom are considered challenges for teachers. This review contributes to the understanding of how mental health awareness can be effectively woven into English language education, highlighting its significance for student well-being and academic success.

Keywords: English language learning, mental health awareness, advantages, challenges

94 Introduction

Nowadays, English is an important tool to promote global learning activities (Zhao & Shang, 2022). With the existence of English courses in education, it not only serves as a critical foundation for language learning, but it also functions to improve practical language skills, particularly in using English for daily communication (Zhang, 2024). However, issues such as self-confidence and language anxiety may arise in learning English (Zhang, 2024). These issues will have an impact on someone who has language difficulties. Language difficulties will actually make someone doubtful and anxious (Shami et al., 2025). Thus, Learning English will always go hand in hand with the mental condition of the students.

According to Shami et al. (2025), by knowing that, it is important to create a supportive learning environment to cope with these issues. Supporting an environment here means that mistakes are seen as part of the learning process, not failure. Some aspects including encouraging self-confidence, employing positive reinforcement strategies, and promoting peer support can help reduce language anxiety and its impact on mental health. By paying attention to these in language learning, individuals can develop self-confidence and improve their linguistic and emotional well-being. Therefore, it is very important to pay attention to mental health in the learning process, especially in language learning like English.

One of the aspects that can bring successful learning is mental health. According to Chibb et al. (2024), people with good mental health can make better judgments, maintain excellent health, and are more optimistic. Learning a second language, such as English, has significant

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implications for mental health.. English language skills will have a significant impact on one's self-esteem in academic, professional, and social contexts. High English language skills can increase self-confidence, support personal growth, and open up opportunities (Shami et al., 2025). The implementation of mental health awareness in English language learning is very important for students' psychological well-being. By integrating that, it can promote healthy development (Zhang, 2024).

The purpose of this study is to find the advantages in integrating mental health awareness into education, especially English class. Analyzing existing literature on mental health awareness in English class was conducted to collect the data about the topic. This research significantly advantages the health and education within English class teaching and learning process. In addition, this study identifies challenges in integrating mental health awareness. Based on the background, the researcher creates two research questions.

1. What are the advantages of integrating mental health awareness into the English Language?
2. What are the challenges associated with integrating mental health awareness within English language learning environments?

95 Literature Review

Definition of Mental Health

One of the things that cannot be separated from human life is mental health. As cited by Shivani and Judge (2022), a health according to World Health Organization (WHO) is as physical, social well-being, and mental. Therefore, mental health is considered an important component of overall health (Bhugra et al., 2013). According to the Mental Health Foundation in Bhugra et al. (2013), mental health is influenced by how individuals view themselves and their lives. Mental health has a significant role in their ability to cope with challenges and engage fully in family, work, and community life. Furthermore, mental and physical health are closely interrelated, each having both positive and negative advantages on the other. It can be said that mental health is an individual's balance condition, where they are able to function effectively socially and are able to meet their own basic needs. Managing change, relationships, and emotions in a constructive way are included in positive functioning.

Advantages of Mental Health Awareness in English Language Learning

One way to implement mental health awareness in the classroom is by incorporating team work exercise or mindfulness practice. By doing that, it can foster healthy atmosphere such as effective learning process and positive relationships between students and teachers. A healthy atmosphere refers to respectful, interesting, and engaged behavior demonstrated by all learners of the class. Students will feel free to express their ideas, feel that their voices are valued, and receive encouragement, while teachers will also feel valued and respected in the ideal classroom (Sanz, 2024). Furthermore, Second Language Acquisition (SLA) theory recognizes that a variety of factors, such as cognitive abilities, personality traits, motivation, demographics, and social-psychological influences, can contribute to differences in language learning success among individuals. According to Eamer et al. (2017), learners with higher self-esteem and empathy are often more proficient in speaking skills. Extroverted individuals typically excel in oral activities, while introverts tend to be better at reading and grammar tasks. Furthermore, reflective learners typically demonstrate higher accuracy in reading compared to impulsive learners.

Challenges in Integrating Mental Health Awareness into the Classroom

Low language proficiency has been shown to have a negative impact on mental health. By considering that, it is important to integrate mental health awareness into the classroom, especially English class. As cited by Parwez (2022), key elements to improving mental health in schools include life skills education, social-emotional learning (SEL), mindfulness activities, substance abuse prevention, and efforts to empower school staff and the wider community. Collaboration between teachers, parents, and mental health professionals is needed to create a strong support network and can facilitate early detection and rapid intervention. That is the challenge for educators to integrate mental health into the classroom.

96 Research Methods

This study utilizes systematic literature review. This type of research design was selected in order to gather several articles that are related to the topic discussed. This systematic journal review aims to explore the data about the advantages and challenges in integrating mental health awareness into English learning. Several stages were carried out to get the data. According to Tedja et al. (2024), there are five steps that can be considered as guidelines to create systematic journal review. Some stages such as determine the source of related information, study selection, data collection process, determine eligibility criteria, and selection of the data items were used in this study.

In order to get the data about the impact and challenges in integrating mental health awareness in English class, the researcher used some keywords such as mental health, English language learning, mental health in education. In addition, researchers made several criteria. The first criterion is that the selected journal must be registered in the Google Scholar database until Eric. Furthermore, the article must be published between 2021-2024. From that criteria, the researcher found four journal articles related to the topic to answer the research question

97 Result and Discussion

In this section, the researcher divides the data into two parts in order to answer two research questions. It focuses on the advantages and challenges in adopting mental health awareness into English language class. The Advantages of Integrating Mental Health Awareness into English Language Learning After identifying and collecting diverse data related to the topics, the researcher found two advantages of integrating mental health awareness in English language learning. The advantages include the students feel enjoyment in the learning process, and the students get good achievement (Parwez, 2022; Tao et al., 2017).

1. **The Students Feel Enjoy in the Learning Process** One of the advantages of the integration of mental health awareness in English class is that students can enjoy the learning process. This can happen because one of the factors is that the teachers create a supportive class for their students. One of the things that needs to be done to create a supportive class is to conduct observations, pretests, or assessments of students. Thus, the learning process can be carried out according to student needs. The implementation of diagnostic assessment plays an important role in improving the effectiveness of learning (Aringka, 2023). In doing so, there are several stages such as preparation, implementation, and follow-up. In addition, teachers identify students' needs and potentials in more depth with the aim of facilitating better interaction between teachers and students in English learning. Moreover, it provides valuable direction for further development.
2. **The Students Get Good Achievement** Another advantage is that students tend to get good grades. Nisa et al. (2022) showed that there is a significant correlation between a stu-

dent's mental health conditions with a student's English achievement. According to Zhao & Shang (2022), teacher's teaching methods, styles, and practices will greatly impact to the students learning. Significantly, the teacher's teaching materials play as a guide in helping students' learning activities. Therefore, if teachers can provide a supportive environment for students to learn English, then students will not feel pressured and can achieve good achievements.

The Challenges in Integrating Mental Health Awareness within English language Learning
Despite the advantages offered, in its implementation, teachers also face challenges. The reason is that there are still teachers who have a lack of awareness of problems related to mental health. There are two challenges to implementing mental health awareness in English learning (Shivani & Judge, 2022). These challenges include need more effort in designing the learning process, and lack of knowledge in integrating mental health awareness in the learning process (Zhang, 2024)

1. **The Teacher Need More Effort to Design the Learning Process According to Sanz (2024)**, to promote mental health in an EFL classroom the teacher can use several methods and approaches such as communicative approach, collaborative learning, task based learning, game based learning, and suggestopedia. However, to design the learning process using that method and approach in the English language process needs more effort. It is because, when the teacher want to use a communicative approach, it should be based on the learner's need. As stated by Demirezen in Sanz (2024) that the communicative approach is guided by certain principles, one of which focuses on meeting student needs. Thus, with these principles, it can encourage a student-centered learning approach. By doing so, it can make the teacher need more time and effort to prepare the learning process. Because to know the students' needs and characteristics, the teacher needs to do assessments such as diagnostic assessment or pre-test.
2. **Lack of Knowledge in Integrating Mental Health Awareness into the Language Classes**
Mental health will greatly affect English learning, and vice versa (Shami et al., 2025). Several issues related to mental health such as language anxiety, self-esteem, and depression may arise in English learning. Concerning that, teachers must always consider their students and use learning methods and approaches that are appropriate for students. A supportive English learning environment is needed. However, teachers must know that in order to apply this approach, there are principles that must be met. However, many teachers still do not know this, so the implementation of strategies to increase mental health awareness is still not effective.

98 Conclusion

Integrating mental health awareness into English language learning presents significant benefits as well as real challenges for teachers. On the one hand, the integration fosters a fun learning environment, which allows students to engage positively with the material, which can lead to improved academic achievement. Creating a supportive classroom through diagnostic assessments and tailored teaching strategies plays a vital role in meeting students' needs. Besides, teachers face challenges in implementing mental health awareness in the classroom. These challenges arise because teachers must work harder in providing learning that upholds mental awareness in the classroom. In addition, the lack of understanding and awareness of mental health issues is also one of the factors that makes its implementation challenging.

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