CHAPTER 5
CONCLUSIONS AND SUGGESTIONS

5.1 Conclusions

Some conclusions can be made from this study after completing the analyses, as follows:
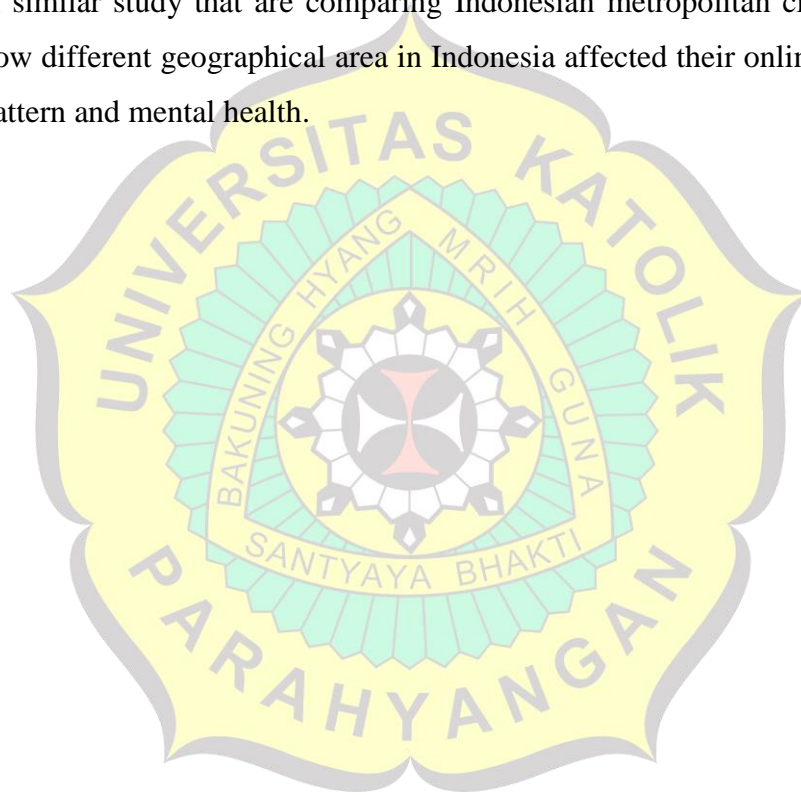
1. The trend of online activity-pattern is mostly increased and people's mental health conditions are changing since the pandemic strike but there are no notable difference. COVID-19 has triggered a massive behavioural change and this affected online activities trends. The highest change of behaviour occurred in the early stage of pandemic as well as people's online activity pattern. Whereas near to the current trend, people's behaviour and their online-activity pattern are getting back to the pre-pandemic condition. Higher use of ICTs also leans to a lower mental health condition if looking at the trends. The trends of changes in online activities and changes in mental health conditions in Thailand and Indonesian model shows a similar characteristic but also have differences. Also that people who have higher activities in online working/studying tend to have lower mental health conditions. This happened in both Indonesian and Thailand model. Whereas the difference happened in the effects of social media activity on mental health. In Thailand the they tend to have a higher mental health, while in Indonesia they tend to have a lower mental health.

2. Online activity-pattern found to be significantly impacted by individuals and households' characteristics as well as behavioural change. Also mental health is significantly correlated with sociodemographic characteristics, behavioural change, and different online activity-pattern. Only social media, e-shopping, online gaming, and online food delivery related activities that are significantly correlated with mental health. Moreover, the findings from the multivariate analysis are in line with the previous statement. Higher use of social media and online shopping related activities are correlated with a lower mental health condition in the Indonesian model. Whereas higher use of online gaming and online food delivery related

activities are correlated with a positive mental health condition in the Thailand model.

5.2 Suggestions

Here are a few recommendations for potential future studies:

1. Future study can analyse the correlation of more detailed individuals and households' characteristics on mental health to see if there are any correlation between mental health and sociodemographic that are not covered by the analysis of this research.

2. A similar study that are comparing Indonesian metropolitan cities to see how different geographical area in Indonesia affected their online activity-pattern and mental health.

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