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Abstract: Digital learning activities have been fully integrated after covid-19 as the traditional learning method has been followed at the selected university for a long time. Student achievement gains made through traditional learning methods appear to be fading after digital learning. Although there are many causes for this, this study discovered that student psychological issues play a role in poor academic performance. The goal of this study was to see how digital learning affected students' stress levels. Researchers employed both quantitative and qualitative research approaches. Researchers gathered data from 132 respondents affiliated with the above university. Relationships and academic life (0.454) and behavioral impacts (0.117) were found to have a favorable link with digital learning. Digital learning has negative connections with psychological or emotional (-0.050), physical (-0.120), cognitive (-0.083), and social effects (-0.076). All elements of stress, on the other hand, have an

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