

## **Effect Of Online Learning Education System Due to Covid-19**

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Corona pandemic has affected every aspect of human life including children. Whether it's the mental health, physical health or a combination of both – the children have had their own share of health problems during this pandemic phase. The whole world is experiencing the consequences of COVID-19 pandemic situation. With the outbreak of the novel corona virus, all sectors of the society came to a standstill worldwide [Gonzalez et.al, 2020]. One of the fundamental pillars for society building is strong education system. Education is a process of disseminating knowledge and skill to produce researchers, academicians, professionals and entrepreneurs etc. Education society, also suffered a lot due to an unanticipated interruption in the conduction of prescribed curriculum. Large impact on education is being observed all over the world. The situation has created a challenge in front of Ministry of Education, UGC and even with the stakeholders such as governing bodies of schools, higher education institutes, teachers, students and parents to reframe and adopt the new education system. The reframed system should be more agile, flexible and resistant to such global crisis. Indian government is providing a platform to facilitate learning and also coming up with the solutions like revised academic calendar, new evaluation reforms etc. to make up for the loss of academic hours due to COVID-19 pandemic. Crisis has reinforced the entire education system to recalibrate its actions and delivery channels [Cathy, 2020]. Pandemic situation has enhanced the role of remote working, e-learning, video streaming, etc. on a broad scale [Ebner et.al. 2020]. The learning mode

has shifted from offline to online. This transition has impacted not only the teachers who have to adopt this new method but also the students who have to adjust to a new learning environment. Several recommendations have appeared to help teachers in the process of online instruction. Since last twelve months this new mode has been adopted by educationalist, teachers, learners and parents. But really a need has arisen to study the accessibility and effectiveness of on-line learning methodology.

### **Literature Review-**

Psychological Effects of Lockdown and Social Distancing For humans, isolation plays a significant effect on the human's psyche. A study examined about 10 million Google surveys in relation to the progressions in psychological wellness search a while after the lockdown. Subjects are more accentuated with tension, negative musings, the state of being restless, and self-destructive ideation expanded significantly before the lockdown (Jacobson et al., 2020). Then, a study in British involving 27 members surveyed five the group focuses during the lockdown and social distancing. The social separation brought about critical negative effects on emotional well-being and prosperity within a short timeframe of such implementation strategy, primarily for those with economic issues. Diminished social association, financial misfortunes, and routine changes prompted toward the mental effect, loss of motivation, loss of significance, and diminished self-esteem (Williams et al., 2020). Another study involved 683 young people in the US which was carried out fourteen days after the lockdown. The result indicated that commitment to social detaching was not absolutely connected with their emotional wellness. Notwithstanding, explicit inspirations for social separating were identified with various mental issues. Youth were reported to face

greater anxiety and more prominent tension manifestations in daily life. The individuals who occupied social distancing because they are told to do so revealed more burdensome indications (Osterhoff et al., 2020). Regarding the mental effect of this social seclusion, it is essential to be further discussed. Since this is phenomenal and unpredicted for human experiences so that there is practically no record of its outcomes. Social detachment will likely expand dread, nervousness side effects, dejection, and discouraged mind-set. Human beings are social creatures, free of identity or social foundation, and keeping up segregation for an extensive stretch may make critical mental trouble. The financial burdens of the pandemic, with a huge number of positions lost, increment in neediness and imbalance may highlight these sentiments. This effect might be ever more grounded in developing nations such as Indonesia, for patients or the individuals who live in nursing centers, the destitute, individuals with mental problems, as well as for those in the educational domain.

### **OBJECTIVE OF THE STUDY:**

1. Effectiveness of online teaching learning process
2. Effect of Online learning on learner's physical health
3. Effect of Online learning on learner's psychological health

**Analysis-** The journey towards education is demanding the learners to improve their competence in the area of online learning. To attain the destination of knowledge in education, a continuous learning concept should be in corporate among the students. The face of learning has been changing in different situations and periods. It would have started from Gurukulam - the students stayed at teachers'

home and learned to schools and learning Courses using online. The concept of teacher-centric has drastically reformed and students' centric education has been implemented. The school of education highlights the concept of outcome-based education and not output-based education. The students are assessed not only for the performance but also for their attitude. Online learning can be effectively done through the transformation and integration of knowledge between the teachers and students. The present education is giving a new direction to education. The fast and furious development of technology in the present world gives many avenues to the learners to equip new concepts through various modes of learning. Due to the COVID-19 pandemic, online learning has been adopted in all stages of education. This sudden change from traditional learning to 100% online learning may affect students' learning effectiveness, especially in experimental courses. However, there has been little discussion of experimental courses conducted entirely through online learning. To address this gap, the present study investigated factors affecting high school students' online learning ineffectiveness (OLI) in online experimental courses, particularly online science experimental courses. The role of gender was also explored to understand whether it affects participants' OLI. An ANOVA was conducted to analyze the data from a survey of 347 online learners in high schools. The results indicated that the number of online experimental courses and the duration of online hands-on learning were negatively related to the high school students' OLI. Meanwhile, the study found that the high school participants' OLI differed by gender, with female students more likely than males to have OLI in the context of online learning. The results of this study can provide a reference for teachers who conduct online experimental courses and wish to improve their online teaching, not only during the COVID-19 lockdown, but also in other pandemic periods.

There are various methods to learn the concept from pen and paper to technology-based learning such as iPod, tablet, kindle, laptop, Smartphone, etc., At the same time measuring the retention rate of the

students who have Chosen online-only degrees are difficult to measure because many students have opted both online and on-campus courses (Brown, V.S., Straggle, J., Toussaint, M. (2020). In this techie scenario, the usage of Smartphone's is inevitable to learn much information. During this pandemic situation, many of the schools, colleges, and universities are conducting classes through online mode such as taking classes, giving assignments, conducting group discussion, presenting. [Haythornwaite, C., & Andrews (2007) the students get rich technology-based knowledge and have interaction with other knowledge-sharing sites inside and outside the classroom. Bozkurt and Sharma, 2020, Quintana and Quintana, 2020, Sahu, 2020 specified in their studies that intellectual and corporal well being is to be given primary importance by the educational institutions than focusing on Curriculum. Increasing eyesight problems with frequent headaches are attributed to prolonged screen time. In addition, increasing anxiety and depression due to home confinement along with sleep disorders are also on the rise.

Children attending online classes at home are not bound to have classroom professionalism. Hence, their physical health is deteriorating too in many aspects.

**Poor ergonomics:** Unlike classrooms, the children are not bound to follow good ergonomics at home. Taking online classes on bed and sofas are one of the commonest reasons that we can attribute to recent rise on back pains or fibromyalgia pains.

**Lack of physical activities:** Obesity in children is on the rise either due to lack of outdoor physical activities or due to binge eating and easy availability of junk food at home.

Children are losing their muscle mass and adding fat which is going to affect their growth. Research has shown that the more physically active a child is during the growing period the better is their physical and mental health for the next 3-4 decades of life.

Children by being physically inactive are also losing their muscle tone thereby finding it very difficult to cope up with sports when they resume in future due to muscle rigidity.

Physical activities play a large role in Calcium and Vitamin D levels of the body. Deficiencies are on the rise in recent times in children and their reasons are very obvious

**Deficiencies of Calcium and vitamin d:** Apart from lack of physical activity, lack of sunlight exposure and poor diet also contributes to Calcium and Vitamin D deficiencies. Muscle cramps, spasms and strains/tears are common with trivial injuries / bad postures when a child is having severe deficiencies

**Injuries:** Increasing number of injuries in children in recent times is either due to trivial injuries or due to over-enthusiasm and desperation of being isolated at home. Every child wants to get outdoors and their fitness is significantly poor due to the lockdown.

Parents need to be cautious as well as to make sure that their children remain fit and healthy Online mode of teaching and learning is not as much effective as traditional teaching because of following reasons: • Online learning demands E-gadgets and internet connectivity. Availability, accessibility, handling and affordability of these are the major issues of concern. • Disturbances due to surroundings/loss of connectivity distract the learners' concentration. • Lack of face to face communication between teacher and student. • Lack of peer to peer communication. • Education is more fruitful under the guidance and supervision of teachers for growing children and teenagers. • Schools/Colleges are the miniature of our society which focuses on overall development of students through different academic, research, cultural and social outreach activities under the guidance/supervision of teachers. • Teachers got short span for preparation and lack in online teaching experience. A• in traditional classroom learning important

teaching tools are teachers' facial expressions, body language and voice. However, in online teaching, voice modulation becomes an important tool which should be used appropriately to slow down their speech to allow learners to capture key knowledge points. Online learning is a distance learning system requiring no physical presence of the Learner in the traditional classroom. In this system information and communication technologies (ICTs) are employed for effective delivery of the content at distant locations. The current study was conducted to highlight the effectiveness of the online learning system following social distancing measures during COVID-19. For this purpose, two educational institutes in Sargodha were chosen through convenient sampling to know the collective perception of the teachers involved in the study. Results were recorded using a questionnaire, and for quantitative data analysis, the descriptive and inferential statistical design was followed.

The overall results yielded that online learning was an effective and modern way of learning during COVID-19 to meet the educational needs of the students. It has been found that the adoption of online learning system would be advantageous during any pandemic like COVID-19 fulfilling the educational needs of the students staying at home. It has also been revealed that online learning is really helpful in advancing the overall language skills of English language learners. As a novel system of learning, there are a number of challenges being faced

## **Conclusion and Suggestions**

The implication of this study is that the idea of providing a mental health unit in every educational center to help students with some

mentioned psychological burdens. It is seen as a necessity because the online learning model is still likely to go on longer progress. Besides students' mental and physical health, it also affects students' future career and motivation that, of course, will bring greater impact to our society

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