



PSYCHOLOGICAL EFFECT OF LEVEL OF STRESS ON SCHOOL CHILDREN WITH SPECIAL REFERENCE TO E- LEARNING IN THE COVID ERA.

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ABSTRACT

This paper considers the various psychological problems with special reference to increase in e-learning activities that have come to light post Covid outbreak that can lead to stress among young students and children and its effects on both short and long-term mental health issues. In the long run it can lead to disinterest among young students of all age groups. This has created a challenge for both students and teachers as with the continuation of educational activities online, conducting assessments and taking care of special educational and skills development needs. Furthermore, excessive usage of gadgets can lead to frustration among children. It is thus challenging for parents, teachers and society to keep the children motivated during these times of epidemic and make them deal with this situation with patience.

Key words- online learning mental health, stress, knowledge, technology, psychology.

INTRODUCTION

Online learning has gained importance in the recent times, when there was no alternate available with us other than using technology at our disposal. And with the rapid growth of information technology supporting online education, learning is possible. Learning with online teaching methodology has become more and more a popular form of education today. In this study we are aiming to find the students' knowledge of learning online and how it brings good or bad to them. As in STEM explains that online learning commonly referred to as e-learning is one of a kind learning where teacher delivers the knowledge via digital medium and student can access the information shared from anywhere.

As online learning has provided an excellent way to deliver unrestricted material time or space to allow access to orders at anytime from anywhere. Students having access to the internet



environment is an easy way to incorporate education into their busy lives. Some of the main advantages of online learning are : easy to use, improve reading (increase content understanding, sound dialogue, improvement in writing skills, technical skills, and time management, powerlessness, STEM, Collaboration (will increase student to teachers and students will have student communication and discussions, Innovative Teaching (It is a student focused thereby enhancing diversity and professionalism of learning activities), Advanced Management (Time for fully evaluating learners' work; the ability to write and record online communication; online balancing power management), Savings (Include multiple students; extended student satisfaction), decreased Physical Resources (Limited demand for limited college infrastructure; reduce campus and parking congestion).

Digital learning: a rare place

While most of the schools have started to shift to the delivery of their classes via online medium to avoid any harm to educational services majorly post Covid outbreak, these digital platforms still remains an unknown destination for many low-income countries like India.

According to a study, Internet access in India is gaining momentum in cities and rural areas, and it is said in the report that approximately 74% of India's population is expected to be connected via mobile phones and other technical gadgets yet the usage of available digital resources in general education has not been explored to the full as yet. Second is the distribution of digital learning the site will need access to a student's laptop / computer, which has made the difference between economic and social strata, remains unavailable to students from low-income groups. According to a report by Ministry of Statistics and Program Implementation, 2017-18, around 24% of the households have internet accessibility and merely 8 -9% of all the households with age of the members of family between 5 and 24 have both an internet connection and computer. This kind of disparity in accessibility is a sign of educational stress for students who will find themselves unable to benefit from the virtue of e- learning or submission of their assignments on time, thereby leaving behind from their counterparts. This has also led to increasing cases of depression, anxiety, and suicidal ideation in children and adolescents are also under pressure for future studies (Fegert et al., 2020). India has seen cases being reported that a 15 years old girl committed suicide because of the failure of attending classes online and in an alike scenario, a 50 years old farmer committed suicide when he was not able to purchase a smartphone for her daughter to study online (Deb Barman, 2020). Such painful incidents highlight the seriousness of the failure to receive basic education due to various socio- economic barriers. Inadequate social force and appropriate policy initiatives at government and institutional levels, this can guide to serious mental illness issues among young students which further reduces their academic and



educational capacity leading to a the never ending vicious cycle of mental and psychological disorders, poor academic performance and lack of social capacity among the students.

Psychological effect on the students

In the current situation created by the pandemic, with bans on social gatherings, this has led to an increase in critical levels of psychological disorders for students. There are enough evidences to show that it is difficult for students to bear the pressures associated with online learning and it can have a detrimental effect on academic and social performance of children, their mental well-being.

Another study confirms that it will put students at the risk of dropping out of school, future unemployment, and an increase in mental health issues such as anxiety, depression and other disturbances (Pascoe et al., 2020). According to a study by Pervanidou & Chrousos in 2012, long-term depression can further lead the way towards the development of serious health problems such as metabolic syndrome, obesity and reduction in sensitivity to insulin and reduced life expectancy.

“I want my schools to reopen because I do not want to study online”

“I feel like pressing back button every time I log in my class because I feel pressurized”

-higher secondary school students when asked about their views on online education

Effect of schooling fro home on Parents/Guardians

Ever since the closure of the both schools and coaching centers and the education is taking place from home, parents/guardians have found it their responsibility to teach their children. This becomes an additional burden, while they themselves may be facing problems such as temporary unemployment that leads to financial hardship, housekeeping management. Most parents' will not they have enough time or qualifications needed to help their children with assignments previously provided by their guides or teacher. This is most likely guide its way to frustration and fatigue among parents which further leads to disturbance in children's learning activities, leading to stress for both children and parents. A study by Machado et al. in 2019 revealed that issues of gender inequality with regard to the allocation of domestic services during these intervals of epidemic also has to be taken care of, as women they are often expected to give more time to children studying at home and doing homework that affects their work.



Substantial challenges for the children with special needs

Children with disabilities (CWD) generally feel frustrated by the suspension of their activities due to closure after the epidemic begun and they being forced to sit in a room whole day. Some children with neurodevelopmental disorders such as mental retardation and autism requires effective treatment during these times even more. Many institutions dedicated for dealing with children with special needs in India do not provide these resources via online platforms or home-based interventions. But recently the Department of social Justice and Welfare issued the Comprehensive Disability Inclusive Guidelines for the protection and safety of the disabled during COVID 19 but is keeping silence on the educational activities of CWDs. When there is no public education policies including the CWD, tracking the clinical and operational outcomes will deviate which he eventually adds to mental health and becomes collective responsibility of the society.

Need for interactive classes/sessions

We must try to revive the lost zeal in students from this pandemic situation aroused abruptly. We can plan certain online sessions/group activities, knowledge games at their ease so as to build the interaction with the young peers more strong. These interactive sessions will help student's master self-efficacy, ambitious learning goals; motivation to master tasks; and the satisfaction students get from learning and reading while interacting with their counterparts.

Education programs should set an eye to strengthen school-parent engagement in order to ameliorate knowledge and parental guidance on effective practices to support their children's learning. At the same time, support is required by teachers to subsume technology into the teaching habits and practices and to help students overcome some of the difficulties associated with this online learning process. Supporting teacher training on the use of digital resources in practicing teaching practices and promoting teaching methods aligned with this context is essential to ensure the effective use of ICT.

The need for policy measures

This has become a major humanitarian crisis which seeks strong social welfare measures to reduce effect of global epidemic on the lives of people especially children and adolescents. And the education sector is one of the most important areas affected by the closure and the limits drawn during Covid epidemic as pointed out by a study.(Sharma, 2020). Although, the ministry of education has been greatly involved generating greater accessibility to education across various online platforms such as the Open Educational National Repository Resources (NROER), Digital Information Infrastructure Sharing (DIKSHA), e-Pathshala and National



Online Education platform called SWAYAM (Study Webs of Active learning for young aspiring minds) but the accessibility and reach of these programs to all sections of society must be such focused on (Jena, 2020).

CONCLUSION

While that has been seen improvement in traditional teaching and learning, as the technology is evolving, and the teacher should always be prepared for flexible teaching methods. They need to create and find an effective way to teach their students. We necessitate to construct a mechanism so that learners have a safe environment in schools even during the epidemic. It is not just an online tutorial, but also a step-by-step plan to dispense education to students who have lost their education as a result of the epidemic. Students who have less access to technology in this epidemic must not sit back as this is against their basic right to education. Online learning has revealed the effect on student achievement. It has various advantages over traditional learning strategies. Most students are attracted to it because it is flexible, even though they need to pay for internet access. However we must keep in mind certain pool of students who are from relatively backward sections and can't afford to pay for the digital education facilities at their disposal. We can recommend few points for the betterment in online education system as follows:

- ✓ Build the professional capacity of ordinary and special school teachers
- ✓ Special attention on students from neglected categories and Children with disability
- ✓ Improving electronic media access and connectivity of internet in all areas as well various social and economic threads
- ✓ Increase in technology infrastructure.
- ✓ Make mental health a priority for students/adolescents.



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