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REVIEW ARTICLE

ONLINE EDUCATION AND COVID-19- A PSYCHO-PHYSIOLOGICAL STUDY ON ADOLESCENTS

¹Mr. Yash Dadhich and ²*Dr. Rashmi Singh

¹Ex-student of M.A., Dept. of Psychology, Mohanlal Sukhadia University, Udaipur (Rajasthan)

²Assistant Professor, Dept. of Psychology, Mohanlal Sukhadia University, Udaipur (Rajasthan)

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*Corresponding Author:
Dr. Rashmi Singh

ABSTRACT

Corona has been affected globally. It has affected us in every aspect. This situation was declared a pandemic. Corona has affected people not only physically but also in other aspects that is psychologically, economically, and emotionally, and the impact is seen to date. Many families have lost their loved ones. Besides Corona the pandemic, the lockdown was imposed by the government because of the pandemic, due to which no one could get out of the house. In such a situation a serious issue arose for the students, they were deprived of going to school; there was a sufficient lack of education and interaction with their peer groups. Many online platforms were used like Google Meet, Zoom, etc. In the initial phase, students and teachers faced a lot of issues, but with increasing time they also became comfortable in using it. But as it is well known a coin has two sides. Gradually the children faced some issues that were related to their physical and psychological health. This study aims to find that online education has a psychological and physical impact on male and female students. A Google form was prepared to measure the psychological and physical changes. We took a sample of 60 students from 9th to 12th standard who were 14 to 18 years of age from Udaipur city. The result was found to show that there is a significant impact of online education during Corona on the physical and psychological health of adolescents.

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INTRODUCTION

Adolescence is a stage of development in which a lot of physical and psychological changes occur in children. This age is considered to be the best age for learning, in which boys and girls come in the age group of 14 to 17 years. At this stage, a child desires to solve their problems in their own way and they love to live in their own world. In this stage, they are prone to adjust to their situations according to their priorities and demands. It can be said that this age group is like raw clay, which can be molded into any shape. This stage is very important in the development of a mature adult personality. In this stage, adolescents are very much influenced by the different situations and the other surroundings in which they live. The pandemic situation is COVID-19 which is a catastrophic infectious epidemic that not only affects us physically but also individuals in many aspects is psychologically, emotionally, and economically. Due to this epidemic, a lockdown was imposed in the entire country. Due to the lockdown, the children were not allowed to leave their homes, they could not go to play with their friends. In such a situation schools adopted the online mode for studying so that the studies could not be affected & syllabus could be completed on time. Online study is a type of platform where the study is done through the mode of the Internet; it includes Zoom, Google Meet, etc. In such circumstances, when children were not able to get out of the house at all, they were not able to play, & there was mental & physical stress about the disease & in these situations, the online platforms come as the savior for the students.

Excessive use of any source can lead to problems. According to WHO, health is a state of complete happiness. It refers to the position of the body in which the appearance of the body is also important. Digestion, blood pressure, breathing, healthy senses, etc. function properly; this is the hallmark of good physical health. Mental health can mean that the children are free from stress, have a positive attitude, they behave calmly & happily. As children were unable to come out during the Corona period, it was natural to see the effect on their physical and mental health. Today's children seem to be more anxious and stressed due to the development of a sense of competition from the very beginning. In this competitive world and pandemic situation, students have to deal with online education. There were many discussions held about which type of education is best either physical or online education. But in this corona virus situation, there was only one option which was online education.

REVIEW OF LITERATURE

Chawla *et al.*, (2021) studied various electronic search engines which reported the symptoms of psychological origin in children and adolescents. The study reported reduced physical activity, delayed sleep time, increased sleep duration, increased screen time, more internet use, and various sedentary habits. It was found that because of fear of illness or social isolation related to COVID-19, the psychological impact on children/ adolescents was found to be significant.

Ellis *et al.* (2020) showed that adolescents were very much concerned about the COVID-19 crisis as they are worried about their schooling and peer relationships. Pandemic stress was also related to heightened depression and loneliness. Time spent with family members and also virtual connectedness with friends and physical activity were related to less feeling of loneliness during the covid- 19 but on the contrary more time on social media was related to more reported depression. Sarah *et al.* (2021) studied that prior research also proves that traditional study was more influential than online.

Research was done in the medical field which suggests that online learning cannot take the place of physical examination of patients and the power of human touch. Similarly, in online study, adolescents are not able to understand the knowledge of subjects more effectively, as well as lack of interaction and communication has also been found in online study. Ryan *et al.* (2013) studied with the help of 25 questions in which 12 showed significant differences in means between faculty and student perceptions. The study shows that students in online classes feel more disconnected from their teachers and classmates.

Objective

- To find out the psychological and physical impact of online study on adolescents (boys and girls).

Hypothesis

- There will be a significant psychological and physical impact of the online study on adolescents (boys and girls).

METHODOLOGY

This chapter emphasizes sampling description, questionnaire, variable of the study, data collection, procedure, research design, & statistical analysis used in the study.

Variables

Independent Variable:

- Gender:
 - Male
 - Female
- Online Study

Dependent Variable:

- Psychological aspects
- Physical aspects

Sample: The sample was taken from the school students from the 9th class to the 12th class for the present study. The purposive sampling method was used.

A self-made Google form was circulated with the various social platforms and the three schools of Udaipur city were contacted and it was circulated in their whats app group. A total of 200 responses were collected but for the research purpose, 60 respondents from the 9th to 12th class were taken for the study in which there were 30 boys and 30 girls from the age group 13 to 17 years.

Questionnaire: A Google form was prepared to see the psycho-social and physical Impact of Online Study. A systematic procedure was followed for the construction of this questionnaire. Items were of multiple choice types. Demographic information, educational background, and questions related to the physical and psychological dimensions were included in the Google form.

RESULT AND DISCUSSION

Table 1 shows the physiological impact of online study on adolescents.

Table 1. Physical impact of online study in reference to Gender

Groups	N	Mean	S.D.	SEM	T-test	P value
Boys	31	18.29	4.29	0.77	3.9033	0.0002
Girls	31	21.87	2.77	0.49		

The mean of the boys is 18.29 and the girl's mean is 21.87. This shows that females have more physical issues during the online study as compared to males. There was a significant difference found between girls and boys in relation to the online study. It was found that females were much affected by online study during covid 19. According to their responses, girls complain of more symptoms of body pain, earache, burning or pain in the eyes, delayed sleep, and an increase in sleep. Girls felt more back pain while studying online. Eating habits were also changed because of online study. Girls also were not satisfied with the daily routines and responded that their daily routine was very much affected by the online study. Gadi Lissak (2018) studied that excessive screen time affects physical health like poor sleep, impaired vision reduced bone density, and many more.

Table 2. Physical impact of online study in reference to Online Study

Groups	N	Mean	S.D.	SEM	T-test	P value
Male	30	21.41	6.157	1.105	2.4372	0.0178
Female	30	25.22	6.152	1.104		

Table 2 shows the psychological impact of online study on boys and girls. The mean for the boys was found 21.41 and for girls, it was 25.22. This shows that with the physical complaints, females were also found to have more psychological issues compared to males. It was also found that there is a significant difference between males and females related to online studies during Covid-19. They were found to have more stress, anxiety, and fear about education. Girls were more panicky when they studied online. They complain of irritability in their behavior. Boys were found to be more desperate to maintain social relationships and they miss their friends. Girls tend to feel lonelier and sad while studying online. Gadi Lissak (2018) studied that screen time not only has physical effects but also affects psychologically as internalizing and externalizing behavior is related to poor sleep. The excessive use of digital platforms is the major factor that is hampering the formation of psychological resilience. Both girls and boys accepted that COVID-19 had affected them mentally and physically. And they can't say that online education is effective. And they are more concerned about education while studying in online mode.

CONCLUSION

According to the responses received from the school boys and girls, it can be said that online study during COVID-19 strongly affects adolescent's physical and psychological health. It is also a fact that now in these epidemic situations, there is no other mode of studying, and each and everyone has to adopt the online form of education but there should be some limitations fixed by the school or parents of screen time. Blended education can play a positive prominent role in the education of adolescents during the pandemic time.

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