On-line Teaching Related Stress in Mind of Students During Covid-19 Pandemic Period

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Abstract — As lockdown period is going on throughout the country and it has impacted various sectors as well as economic condition of the country too. Everyone is thinking about the remedies to overcome their problems occurred during this pandemic period. This study is related to online teaching related stress in the mind of students during this Covid -19 Pandemic. Students are concerned regarding their academic loss as well as most of them are stressed because of the unsound financial position of their family, so they are unable to focus on their studies. Most of them are also worried about their online admission process; most of them are not in a position to pay college fees or to pay internet charges for attending online classes or lectures. This study is limited to Pune district only.

Keywords — *Lockdown; Covid-19; Online teaching; Pandemic; Financial Position; Online Classes and Lectures.*

1. Introduction

One of the major shifts that have occurred in the weeks and months that we have all been in the grip of Covid-19 Pandemic and Subsequent lockdown, is the move of educational institutes to go online for their interaction, classes and mentoring of students in all areas and disciplines[1].

The virus that causes COVID-19 is designated severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2); previously, it had been mentioned as 2019-nCoV and Epidemiology which means distribution of viruses from one place to another. It is a type of viruses which directly damage the respiratory system and gastrointestinal. The symptoms are cough, pneumonia, fever, and shortness of breathing and throat sore.

The outbreak of Corona Virus (Covid -19) has been declared as Public Health Emergency of International Concern and spreading throughout the countries. It is transferrable disease and can be transferred through direct contact with infected person. It doesn't consider age, caste, community, culture, religion etc. Everybody is concerned about this disease and taking remedial actions to overcome from it. Most of parents are worried about their children as well as also concerned about their studies[2]. This leave young youth into depression too in relates with their studies. Every school and colleges are closed to prevent students to get infected[3]. Due to this the education Institutes has decided to take online classes which had affected the student's life and their thoughts towards studies[4]. This study describes how online education system creating stresses in mind of students and their parents. School and colleges are taking some measures for students and staff who may have been exposed to the virus and also protecting students and staff from discrimination. When shifting from offline to online study, it may affect students' learning process. Lack of leaves will de-motivate the students [5].

Due to COVID-19 Pandemic government closed all educational Institutes for students to prevent spread of disease and for safety of students and teachers. But this sudden change from physical classroom to virtual classroom is creating disturbance and stress level in the mind of students[6].

The government had left with no choice instead of implementing lockdown in the country. The first step taken by the government was to close schools and colleges of the country and empty the hostels. Many institutions canceled all activities, switched to online courses, or early terminated their term[7]. Therefore, online learning or e-learning platforms have been put into use to simulate a virtual classroom in which the instructor and the student can interact and fulfill the learning outcomes of the curriculum remotely[8]. Due to this, every student has to rush out towards their hometown and their home states in very short notice which has given stress to students as well as to their parents from their safety while travelling. In few days nationwide lockdown was announced in so the education body decided to take online classes to carry over the education system in the country [9].

A study conducted by the National Centre for Health Professions Education Development, Peking University, Beijing, China says that online learning is also effective as an offline study with proper materials and planning [10]. Due to lockdown none of the education bodies got a proper time to maintain the system of online classes and students were also not prepared to take online classes this result creating stress in students.

2. Objectives of the Study

- To study the impact of Covid -19 Pandemic in the mind of students.
- To understand the behaviour and reaction of students related to online classes.
- To study the response of students for online classes.
- To study and understand the mental stress level of students.
- To study what percentage of students are very much serious about online classes.

3. Research Methodology of the Study

This study is limited to Pune District College UG/PG students only. The whole data was collected online through Google form which was distributed online through various social media apps like Facebook, Telegram, Whatsapp and Instagram. Collected data was confined to 300 UG/PG Students only from various colleges of Pune only. Primary as well as secondary data was used to analyse this study.

4. Results and Discussion

The study was confined to 300 students only who all are above 18 years and are in stable mental condition. According to data collected 60% of students are going through stress because of their financial position of family, most of the students lost their jobs, some of them is not having available resources for online classes like Android Mobile/ laptop/ tablet with internet connectivity. This stress of students is creating negativity in their mind. Some students are suffering from Corona so they are under very much stress for their academic loss. 30% of students are confused; they are stressed also but happy with online classes. Most of them face various problems like availability of network, or proper place to attend lectures, or high speed internet Connectivity or most of them are out of their home town so for them it's not possible to attend all lectures on time. 10 % students think that online classes are the best as they don't have to go out to attend lectures and they feel that they are comfortable with online lectures.

Table 1: Comfort Level of Students with Online Lectures

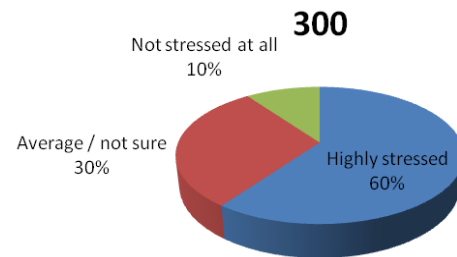| Total UG/PG students from which data collected	Highly stressed	Average / not sure	Not stressed at all
300	180	90	30
Data in Percentage	60%	30%	10%

Fig. 1: Comfort Level of Students with Online Lectures

5. Conclusion

After analysing all the available data it was concluded that the students are not very much happy with online classes, the reason for that is mentioned below:

- Unavailability of proper facilities at home.
- Most of the students are suffering from corona.
- Most of the student's family members are suffering from corona or died due to corona so they are unable to attend online lectures or classes.
- Most of the students wanted to Attend classes but not in a position to buy internet pack for longer period of time.
- Most of the students are helping their family members to earn for their livelihood.
- Most of the students don't understand the procedure of starting or joining online classes.
- Some students are sharing their phones with their siblings so unable to attend all the lectures or classes.
- Most of the students fears to ask their doubt in general public.
- Most of the students unable to hear whole lecture because of networks issues or family issues.

Hence all the above mentioned points create negativity in the mind of students regarding online classes and they are stressed for their academic loss.

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