Topic: The Effect Of Online Education On Student Health And Parental Advice

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ABSTRACT

Society is becoming increasingly dependent on technology. Although it offers numerous advantages, it also has dangers, particularly for young people. Excessive use of technology can have a harmful impact on a child's physical, mental, emotional, and social health. COVID-19 has a significant impact on society. Since March 22nd, 2020, when the country was imposed on lockdown, educational institutions all around country have been closed. The pandemic continues to cause problems on educators and students, and the situation has become a problem for everyone. The global spread of Covid-19 has turned the world's traditional educational system into online mode. Online learning can have a negative impact on a teen's mental health. In this paper we'll go through how online learning affects teen mental health and how parents can help their kids survive while they're learning from home.

KEYWORD: Online education, health, Covid-19, student.

INTRODUCTION

The pandemic of Novel Coronavirus Disease (COVID-19), which has affected nearly 148 nations, is still spreading. The crisis has already evolved into a shock to the economy and labourmarket.We are only now beginning to comprehend COVID-19's economic implications, but many other concerns have surfaced that must be addressed , such as school closures and their impact on learning as well as the educational burdens imposed on kids, parents, and teachers.

In an effort to halt the spread of the COVID-19 pandemic, most governments throughout the world have temporarily closed educational institutions. Schools are places of human contact and social activity. When schools close, many children and teenagers lose out on important social interactions that are necessary for learning and growth. In many countries, online communication apps (WhatsApp, radio, television, cell phones, computer and network hardware, satellite systems, and various services available with them, such as video conferencing and distance learning) are used to ensure communication between teachers and students as well as among students. In addition to giving opportunities for social connection, interactive online classrooms are supporting the continuation of education for all students through distant learning. Although these initiatives are for fulfilling the needs of the time, they have created a difficult schedule for parents who work

from home while still being responsible for their children's learning process during COVID-19. Hence, the purpose of this small scale research study was to explore the student health problem while studying in online education and tips for parents.

METHODOLOGY

The purpose of this research is to learn more about students' health problems in home learning and management during COVID 19. Qualitative research studies allow researchers to look into a phenomenon from the perspective of an individual's personal experiences in various scenarios and conditions. This study was conducted using a descriptive qualitative methodology in order to obtain relevant responses and give knowledge on students' actual COVID 19 experiences.

THE IMPACT OF ONLINE LEARNING ON HEALTH

Everyone, from young children to young people, teachers, and professors, is affected by online learning. Virtual classrooms may create major health issues for many students. Others may experience new changes in health and mood as a result of the pandemic and online learning. The following are some of the ways that online learning has the greatest effect on students.

1) Social Isolation

While school is primarily a place of learning, it is also the major focus of many students' social lives.Teenagers and young adults have the opportunity to connect with their classmates at school.It provides kids with an opportunity to socialize and express them.Without frequent social interaction, kids may feel lonely, unmotivated, or frustrated as schools and colleges move to virtual formats.

Numerous researches have demonstrated that social isolation has a higher rate of harmful effects on people's mental and physical health. Face-to-face contacts have also been shown to help reduce depression and anxiety. Social anxieties and tensions may be complicated by the lack of social connection.

2) Increased Anxiety and Stress

Along with the lack of social interaction, the online class structure can have a number of negative effects on Students

i)   They may face heightened feelings of anxiety of their difficulty to stay on top of their schoolwork.

ii) Other kids may have trouble concentrating or keeping focused at home.

iii) Being on webcam in front of others might cause anxiety in some children and teens.

iv) It may be challenging for students to acquire the additional educational support they needed to succeed.

3) Fatigue from online education

Both students and teachers can become fatigued after spending a large amount of time online.

Because our brains are unable to absorb information in the way they are accustomed to, a day full of video interactions is mentally stressful.

When we have in-person interactions, our brains process a variety of non-verbal signs.

These are some of the cues:

- Voice tone and pitch

- Expressions on the face

- Make direct eye contact.

- Body language is one of the most important aspects of communication

When picking up on these signs is difficult or impossible, our brain has to work harder to interpret the information it receives. On its own, this can lead to mental exhaustion. When this is combined with the continual self-awareness that comes with being on camera and in front of people, stress levels can quickly rise.

4) Impact on Social Development
Loss of engagement with peers and their normal environment had a negative impact on the development of social and emotional skills in younger children. Parks, libraries, and other public spaces were no longer accessible, which could have a severe impact on their self-esteem. Schools play an important role in disciplining and polishing social skills; however, remote learning has taken away that chance, and parents are now seeking for alternate ways to assist their children in developing these abilities.

5) Impact on Eyes
Ophthalmologists and paediatricians from all over the world are reporting an alarming increase in vision-related health issues among the youth, including children and teenagers. Eye tiredness, dryness, reddening, inflammation, computer vision syndrome, and blurring are among them, as also difficulty concentrating clearly on distant objects (myopia)

.How Can You Assist Your Teen In Online education?

It can be difficult to help your kid cope with the stress of virtual classes, but there are some things you can do.

1) Make A Separate Workspace
Distractions arise in the home.It's critical to give your child a place where he or she can concentrate and feel useful.However, there are several methods for reducing distractions:

- Set up a private space in your house for classes and homework.

- To establish a distraction-free environment, use room dividers, furniture, or empty the storage space if necessary.

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It may also be beneficial to encourage your youngster to complete schoolwork at a location which is not associated with relaxation or amusement. Additionally, as in a traditional classroom, limit the usage of electronics until the end of the school day.

2) Treat an online course like a "real" course.
When it comes to online education, you'll need the discipline to sit down and declare, "I'm going to work on this," as well as the commitment to really do so. You can decide when you want to finish your work during the week, but you can't put it off permanently.

Remember that you are paying for this online course, just like you would for a typical in-person class, and this is one of the easiest methods to ensure that you complete it.

If you want to get the most out of your class, you must "show up."

Treat your online classes as if they were a face-to-face class—or, better yet, a job—and you'll be well on your way.

3) Make sure they have all of the materials they'll need to finish almost all their assignments.
Provide everything they'll need to do their assignment, including a stable WiFi connection, log-in information for certain accounts, a PDF reader, note-taking apps, and reading strategies–whatever they'll need.

4) Make a daily schedule.
Creating a daily schedule is more than just a matter of time management.

A daily plan examines the timetable, then finds to-do items for the day, and then combines the two to create a detailed plan for that day.

5) Instead of teaching, help them in understanding.
One of the most obvious remote learning ideas for parents is to help pupils realise. if possible seat with your child at the time of online classes. Otherwise, learn it beforehand and then review it with them. The bottom line is that helping your child understands the content.

6) Ensure that all tasks are completed.
Check that the youngster has finished all of his or her homework and schoolwork.

If not, determine the source of the problem and resolve it on your own; otherwise, communicate with faculty. Assist the student in finishing their work.

7) Assist them in checking their messages and communicating with the school.
Check for messages from teachers and other students on a daily basis, and make sure you respond to those that require it.

8) Assist your youngster in forming a learning network.
Connect them with their peers–ideally, peers who share their aims and perspectives on life (e.g., connecting your child who wants to study medicine in college with other students and groups of students who have similar ambitions.)

9) Recognize that learning is challenging.
Consider how you may 'assist' your child with their schoolwork in a new way. Recognize that your child requires a variety of 'assistance,' including academic, collaborative, psychological, technological, disciplinary, and so on.

10) Engaging in a Variety of Creative Activities
Parents agree that the lockdown has brought a seemingly unlimited amount of time, and this could be a once-in-a-lifetime opportunity to try out new things and ideas.

They believe in being creative with the kids, which benefits both parties and makes the days appear more productive.

Parents and their children are welcome to any ideas, from arts and crafts to cooking, dancing to singing. Some of them have also enrolled the children in online courses so that by the end of the year, they will have gained some soft skills as well as organized knowledge.

CONCLUSION

As humanity in general, and also for young developing minds in particular, these are uncertain times.The government, non-governmental organisations (NGOs), academia, and parents must give structure by using regular routines, communication, and forming new collaborations to reduce the physical and mental health impacts. Home learning has developed as a viable alternative to traditional schooling techniques, and it should be optimised to provide essential learning skills to children at home and using the limited resources available. At home, students can use online resources that are suited to our curriculum's requirements. The limitations remain like how parents with different educational backgrounds will follow through the instructions; therefore, online schooling to Home Learning in Times of COVID. Support home learning can be a go-to strategy where teachers deliver education online. At the forefront of this transformational process, opportunities for improving teacher quality and lifelong professional development should be encouraged.

This provides an opportunity for academia to assess the efficacy of various educational approaches and design their own hybrid teaching and learning model suited to particular educational demands. In order to develop a learning environment that benefits everyone, input from families should be sought.

The strategies mentioned above will result in disruptive innovations in the education delivery system, requiring further feasibility testing, quality control, and regulation. As a result, the government should establish regulatory agencies to monitor the situation.

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