



Effects of online classes on bio-psycho-social health issues of children in West Siang District, Arunachal Pradesh, India

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Abstract

The objective of study is to find out effects of online classes on Bio- Psycho-Social Health issues of children in West Siang District, Arunachal Pradesh. Descriptive survey Method was used for this study and Five (5) Private Upper- primary Schools used as population from Aalo, West Siang District, Arunachal Pradesh (randomly selection of 25 each boys and girls from class 6 and 7) were used as sample for study. Self-prepared Questionnaire, Interview and Observation Techniques were used as tools for data collection. The data were analysed in simple Percentage Method. The study found in three categories - Category 1 (Physical issues): 9.5% of students having high eyesight problem whereas 9.55 average and 81% low eyesight problem. 10% of students having high lack of classroom ethics whereas 71% average and 19% low lack of classroom ethics. 25% of students having high lack of physical activities whereas 35% average and 40% low lack of physical activities. 22% of students having high lack of vitamin D whereas 30% average and 48% low lack of vitamin D. Category 2 (Mental issues): 32% of students having high lack of interest whereas 63% of students average and 5% of students low. 10% of students having high stress and anxiety whereas 36% average and 54% low stress and anxiety. 10% of students having high zoom fatigue whereas 26% average and 64% low zoom fatigue. Category 3 (Social issues): no students Face to Face Interaction with Teachers, Playing with Friends and Face to Face Interaction with relatives during Pandemic i.e. 100% students confined at home. All Parents and Teachers should follow the new guidelines of Covid-19 Protocols released by WHO and UNICEF to keep children safe and preventable from harms coming during online classes.

Keywords: Online class, Bio-Psycho-Social Health, Physical Health, Mental Health, West Siang District, Arunachal Pradesh

1. Introduction

Online class has extremely changed the behavior of students study routine and all of them attending online classes from home regularly during Pandemic which has led to a string of Bio- Psycho-Social Health problems for them. Covid-19 has caused many catastrophes and ruins everywhere in educational sectors so nobody could predict. Such Pandemic has changed our Life as everybody knew and this drastic change became a new constant in the field of educational institutions. All Educational Institutions mandatory to take virtual classes. The start of online line classes was benefited for the students without rushing and reaching the Institutions and being in the comfort and safety from their homes. However, the culture of online class didn't last as long because it has taken a huge loss on the Bio-Psycho-Social Health of students. Mental health issues in students have been on the larger since Covid-19. The Covid-19 pandemic has forced to compulsory all schools, colleges and educational institutions to close since March 2020. Before Pandemic the primary fulfilling factor of students was interaction with their classmates and enjoying school-life, sudden school shutdown can cause harm in the daily life of students and a number of issues of mental health have to face by them.

During pandemic Students are missing out on the crucial balance between their studies and physical activities. The emotional effects of being physically distant from their friends and impact of losing out on physical activities like playing could potentially to cause stress and strain in them. The Pandemic-influenced normally causing them to break or change from their habits and keeping communication is very important during the pandemic. Another aspect, children should manage to create a balance between their works and physical activities which cause discomfort to a great extent.

Need of Study

This study has highly important to provide awareness during online class for children. Online classes are major risks both on Mental and Physical Health which results in a trend away from active leisure and recreational activities which leads children towards a passive or dull lifestyle (Wang, Luo, Gao, & Kong, 2012). It greatly impacts the student's Mental Health and leads to feelings of loneliness, lack of motivation, lack of social interaction and isolation. Even adults feel the empty void when they didn't get to see their Friends long time and need social interaction in their formative Years friendships. A survey report revealed that numbers of students from primary to Higher Secondary studying students in various Institution of the state capital in our Country and other Countries experienced various Health issues due to prolonged online learning during the Covid-19 Pandemic. These Physical Health problems included eyesight, backache, headache, fatigue and sleeping disorder.

Delimitation

Five Private Upper Primary Schools Students, total 50 students (25 each Boys and Girls) from class 6 and 7, Aalo in West Siang District, Arunachal Pradesh (India).

2. Review of Literature

Mohammad Alawamleh et al (2020) [7] study found that Students still prefer more physical classroom than online classroom due to many problems they face during online classes, such as lack of motivation, misunderstanding of the materials due to poor network, lack of communication levels between the students and teachers and their feeling of isolation from class-mates caused by online classes. Pravat Kumar Jena (2020) [3] study found that online classes may lead to dull and lack of self discipline with some students being at their home. The direct Face-to-face meeting atmosphere is lost and lacked of Interpersonal relationship between students and teachers or between students and students may hamper. R. Radha et al (2020) [9] study reflected that the impact of E-learning and students' interest in using E-learning resources and their performance become quite popular among the students all over the world wide during the lock down period. According to the Indian Psychiatry Society Survey Report (31-March-2020), there was 20% rose in the number of cases of Mental illness at the end of March 2020. Sukanya Nandy (2020) [11] study found that many children have become dull with online learning and in some schools, online classes are lacked of interest in them. Hence,

during online class some students are simply switching off the Mobile or Laptop camera and doing other activities like a time pass for them. It is not only Mental Health issues, but also facing some Health problems like eye strain, headache and fatigue from seeing the screen for a long time. Children are all alone in the house and there is no one interact with them, as most of parents are working outside and also no sports and extracurricular classes during Pandemic. Rubeena and Siddiqui M.M. (2022) [10] study found that the students were getting addicted on Electronics gadgets like mobiles and Laptops and Consequently, they suffered both mental and physical sickness due to prolong using Screen. Thiago Wendt Viola and Magda Lahorgue (2022) [12] study found that During the Covid-19 Pandemic time, many restriction of mobility and home isolation which adopted by several countries and significantly changed all family routines. Many People who go through a quarantine often report that it is an irritating experience and being apart from loved ones, loss of freedom of movement, uncertainty, and fear concerning the disease which usually bring psychological consequences, such as mood changes, Mental stress and anxiety symptoms.

3. Objective of study

To find out effects of online classes on Bio-Psycho-social Health issues of Children of West Siang District, Arunachal Pradesh.

4. Methodology

In this study Descriptive Survey Method was used and data were collected through simple random technique. Self-prepared Questionnaire, Interview and Observation method were used as tools for data collection and random selection of 50 students (25 each Boys and Girls) of class 6 and 7 were used as sample from Five (5) Private Upper primary Schools of Aalo, West Siang District, Arunachal Pradesh. Data were analyzed through Simple Percentage Method and Bar Diagram.

5. Findings and Discussions

Table 1: Physical Health issues

Physical Health Issues			
Category	High (%)	Average (%)	Low (%)
Eyesight Problem	9.5%	9.5%	81%
Lack of Classroom Ethics	10%	71 %	19%
Lack of Physical Activities	25%	35%	40%
Lack of Vitanim D	22%	30%	48%

Table no. 1 showed that 9.5% of students having high eyesight problem whereas 9.5% average and 81% low eyesight problem.10% of students having high lack of classroom ethics whereas 71% average and 19% low lack of classroom ethics. 25% of students having high lack of physical activities whereas 35% average and 40% low lack of physical activities. 22% of students having high lack of vitamin D whereas 30% average and 48% low lack of vitamin D.

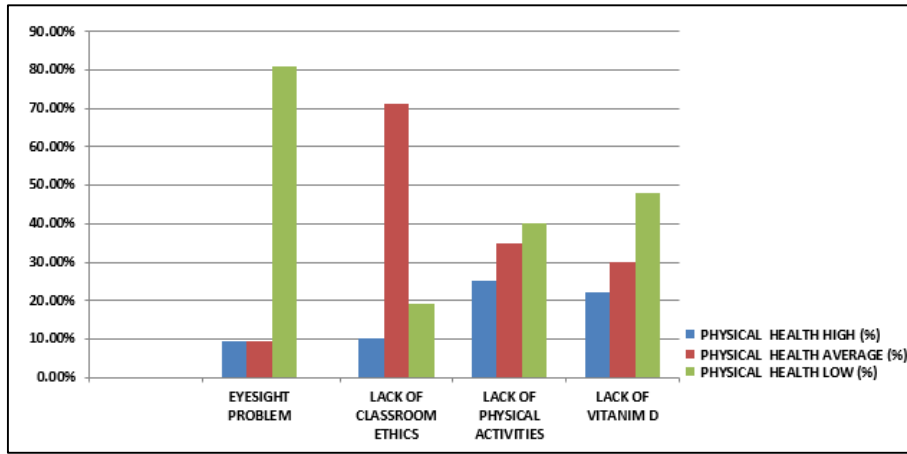


Fig 1: Bar Diagram of Physical Health Issues

Table 2: Mental Health Issues

Mental Health Issues			
Category	High (%)	Average (%)	Low (%)
Lack of Interest	32%	63%	5%
Stress and Anxiety	10%	36%	54%
Zoom Fatigue	10%	26%	64%

Table no. 2 showed that 32% of students having high lack of interest whereas 63% of students average and 5% of students low. 10% of students having high stress and anxiety whereas 36% average and 54% low stress and anxiety. 10% of students having high zoom fatigue whereas 26% average and 64% low zoom fatigue.

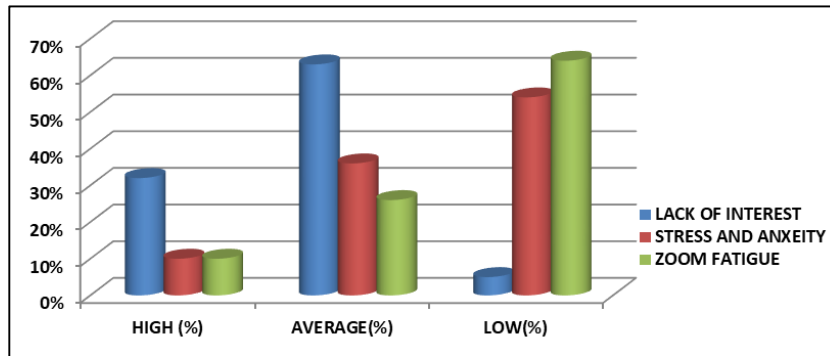


Fig 2: Bar Diagram of Mental Health Issues

Table 3: Social issues

Category	High (%)	Average (%)	Low (%)
Face to Face Interaction with Teachers	Nil	Nil	100%
Playing with Friends	Nil	Nil	100%
Face to Face Interaction with relatives	Nil	Nil	100%

Table no. 3 showed that no students Face to Face Interaction with Teachers, Playing with Friends and Face to Face Interaction with relatives during Pandemic i.e. 100% students confined at home.

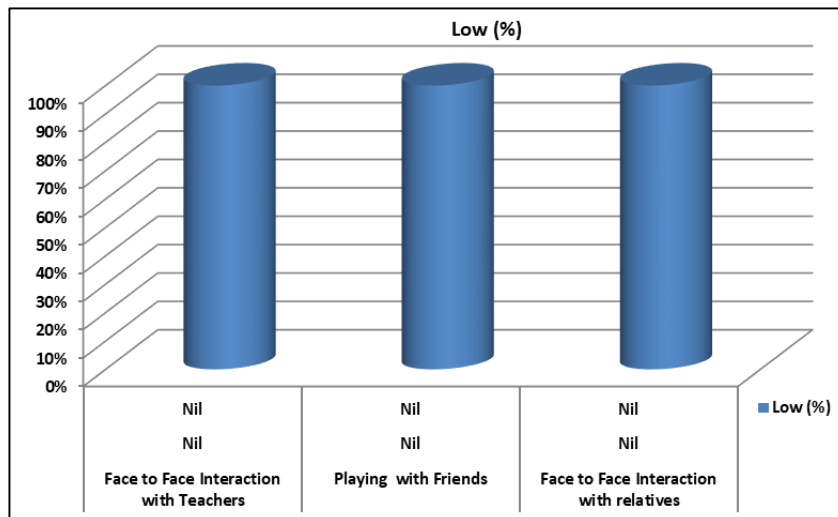


Fig 3: Bar Diagram of Social Problems

6. Suggestions

1. All parents and teachers should follow the new guidelines released by WHO and UNICEF to keep children in a safe and preventable manner or without risk during online classes.
2. Schools Authority should monitor and instruct for good online behaviors of children while conducting online classes.
3. All Parents should assure that children's online Gadgets/Devices have the latest software updates and Antivirus Programs.
4. Parents should work together with children to establish rules regarding internet using for how, when, and where children can be used. They should also speak and counseling to their children on how and with whom communicating online.
5. Good internet networking platforms should enhance with more safety measures and especially while conducting virtual classes.
6. Government should conduct training program for all stakeholders of education on online learning platform to tackle easily during any pandemics.
7. Government or NGO should take awareness and safety measures of cyber crime during on online education for children.
8. As a teacher, encourage children about common mental health issues in their age and talk openly about the issues and solutions.
9. Government/educational institutions to minimize the gap between privileged and unprivileged learners during online classes.
10. Both Teachers and Students must be familiar with Web-based interactions before joining online classes.
11. Parents must regular supervision their Children if they feel any mood swings, sudden sleep changes, irregular eating habits, etc.
12. Government and NGO should create Mental health first aid services by children in home, school and community.
13. Both Parents and Teachers should allow the children to express their thoughts and emotions freely during Pandemic.
14. Parents can support their children by actively listening, creating new routines, self-care by playing, nurturing self-esteem, talking about uncertain world, eating with them, exercise regularly and counseling regarding stay connected with friends and family.
15. Parents be an empathetic listener, spend quality time with their children and assure them of their support and assistance.
16. Teachers must do supervision and counseling their students about uncertain world and social issues during Pandemic.

7. Conclusion

The study suggests that the Government solve problems of online classes during Pandemic by creating different Planning, Schemes, Pogramme and opportunities for children. The online class should develop proper zest and zeal, interest and educational climate for students. The study gave suggestions for better settlement of children during pandemic and parents may be to foster better support for their children. Both Parents and Teachers should encourage children and assure them of their support and assistance. The study can be conducted by taking more sample size and areas.

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