



# International Journal of Advanced Academic Studies

E-ISSN: 2706-8927

P-ISSN: 2706-8919

[www.allstudyjournal.com](http://www.allstudyjournal.com)

IJAAS 2021; 3(4): 214-220

Received: 22-08-2021

Accepted: 28-09-2021

**Dr. Poonam Gaur**

Officiating Principal,  
District Institute of Education  
and Training, Moti Bagh,  
Delhi, India

## Impact of on-line classes on mental and physical health of trainees of District Institute of Education and Training Moti Bagh

**Dr. Poonam Gaur**

### Abstract

This study is designed to analyze the impact of on line classes during pandemic on the mental and physical health of male and female trainees of Diploma in Elementary Education. The sample of the study comprised of 50 trainees from 139 enrolled in the diploma course of second year at DIET, Moti Bagh. The trainees were asked to fill Google form. The Google Form involved various dimensions related to mental, physical health, sleeping disorder, and posture problem and eye-hand coordination. This study showed that health of trainees affected during Pandemic through on line teaching.

**Keywords:** on line, posture, sleeping disorder, coordination

### Introductions

Teaching is an interaction process which brings positive change in behavior among students. Teaching is a profession which requires soft heart for kids and positive attitude towards teaching. Trainees participate in the formal training process, to learn qualities of a good teacher, either through face to face sessions or online activities. But, the present situation of pandemic has affected academic future of teacher trainees. All over the world, the entire process of teaching-learning is through on line mode. Corona virus has affected daily life, Education and Health of people. Second wave of Corona was more dangerous because we all are affected by the adverse effects of Corona Pandemic.

COVID 19 has left everyone in the condition of uncertainty, especially to the young generation in the field of Education, where they are unable to meet and to share experiences with their friends due to virtual mode. Teaching through on line affected Physical, Mental and Social Health of students in schools and teacher trainees in Teacher Training Institutions due to which their concentration power, memory, motivation level, interpersonal relationships/ social skills affected badly. Keeping in view this situation, DIET Moti Bagh conducted a study on D.El.Ed trainees to know the impact of on line classes during pandemic on their mental and physical health because stressful conditions always affected physical and mental health of youth due to lack of emotional stability.

### Background of the study

#### Some researchers studied about impact of on line mode on health of students

- Research on Effects of Internet Use on Health and Depression: A Longitudinal Study, 2010, done by Katie Bessière, MS, Sarah Pressman, PhD, Sara Kiesler, PhD, and Robert Kraut, USA revealed that use of Internet affected health with increased depression.
- The Impact of Online Social Networks on Health and Health Systems: A Scoping Review and Case Studies done by Frances Griffiths, Tim Dobermann, 01 September 2015 and concluded that on line social networking affecting health.
- **Risks:** The impact of online learning and technology on student physical, mental, emotional, and social health done by Colleen Peters Halupa, East Texas Baptist University, November 2016 and concluded that on line learning and technology affected student self-esteem and personal perceived value and cause undue stress.
- Shivram Choudhary, Founder, Codevidhya written an article, India Today Web Desk, New Delhi. September 18.2021 on Effects of online education on mental and physical health and concluded that online education initially started as a great advantage but with the increased screen time, eyesight issues, headaches, and strain have increased. Mentally also children have been exposed to stress and anxiety from an early age and parents only add to the pressure. Physical well-being also suffered.

**Corresponding Author:**

**Dr. Poonam Gaur**

Officiating Principal,  
District Institute of Education  
and Training, Moti Bagh,  
Delhi, India

- It is important for everyone to keep in mind all these effects to save any future harm that might turn into lifelong problems.
- A Study of Impact of Online Education on Mental Health and Academic Performance of Children of Project Affected People Studying at Undergraduate Level in Navi Mumbai done by Dr. Deepthi Deshpande1; Principal, SMRK-BK-AK Mahila Mahavidyalaya, Nashik, Maharashtra. and Chandrakala Kaluram Mhatre, Research Scholar, Department of Commerce, SNTD Women’s University, Marine Lines, Mumbai. The analysis of the data collected through Google questionnaire showed that 30% of the respondents agree that the use of online material leads to stress. 46% of them are neutral about their opinion and 6% of them strongly agree that the use of online material is stressful. It can be concluded that online study material leads to stress and therefore on an average students feel stress in using online study materials.

In this study, the researcher being a Teacher Educator in a teacher training institute was curious to study the impact of on-line classes during covid on mental and physical health of trainees.

**Statement of the problem**

To study the impact of on line classes during pandemic on mental and physical health of D.El.Ed. trainees.

**Objective of the study**

- To study the impact of on line classes during pandemic on mental health of male and female D.El.Ed. Trainees.
- To study the impact of on line classes during pandemic on physical health of male and female D.El.Ed. Trainees.
- To know the stress level of trainees and strategies to release the stress.

**Population**

A total of 50 Pupil teachers, male and female both, of D.El.Ed second year from District Institute of Education and Training, Moti Bagh were randomly selected (session 2020-22)

**Sampling**

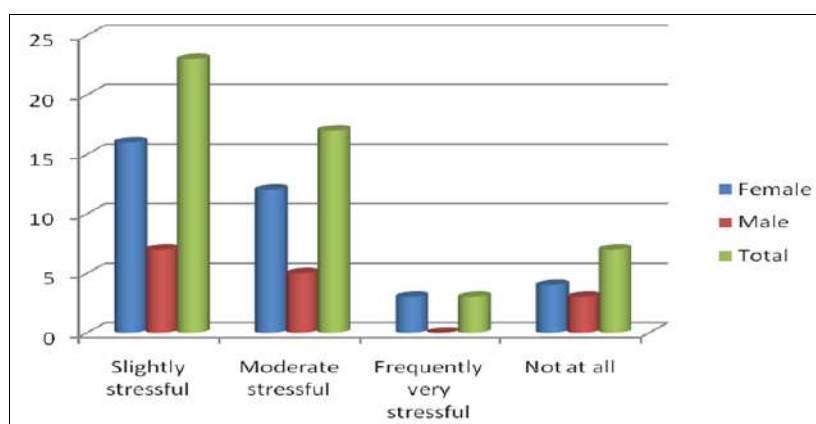
Purposive sampling was used and 50 trainees were selected from 139 trainees of D.El.Ed. second year. Sample size remains restricted with 50 trainees of District Institute of Education and Training, Moti Bagh, for the present study.

**Tool used**

Data was collected through Google form which included 16 statements. Google form was standardized after discussions with experts of ICT from faculty of DIET and other ICT experts of different schools of south district. After discussions with experts, 16statements were developed, related with mental and physical health. Pupil teachers were asked to complete Google form, as soon as possible, no time limit was assigned for recording responses on the Performa.

	Female	Male	Total
Slightly stressful	16	7	23
Moderate stressful	12	5	17
Frequently very stressful	3	0	3
Not at all	4	3	7
Over all response	35	15	50

**Analysis of Data through Google questionnaire  
Mental health**

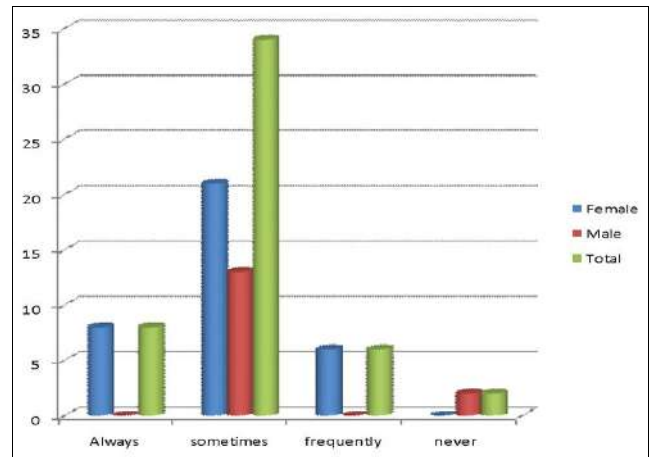


**Q1. Do you feel stressed during online learning?**

1. The data shows that female teacher trainees were more stressed during online learning.
2. Overall one-third (1/3) percent of the total sample became stressed at a moderate level during online learning.
3. 14% D.EL.ED trainees have not any stress during online learning.
4. 32% female and 14% male teacher trainees have slight stress during online distance learning.

**Q2. Have you ever complained about Dizziness during online learning?**

	Female	Male	Total
Always	1	0	1
sometimes	11	12	23
frequently	13	0	13
never	9	4	13
Over all response	34	16	50



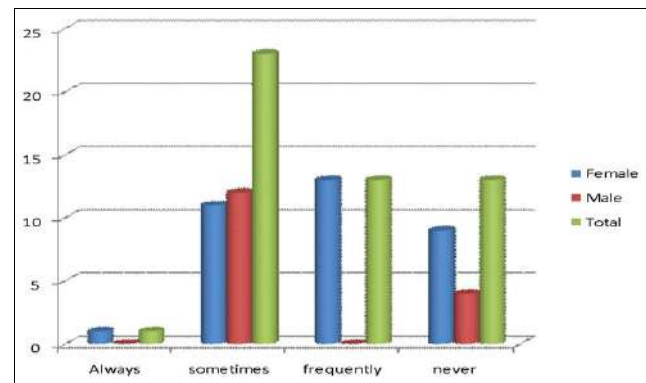
1. 68% of chance for sometime teacher trainees felt headache problem during online learning
2. 16% female teacher trainees always felt headache problem during online learning.
3. None of the male trainees in sample data have always headache but almost 13% may have headache problem.

**Physical health**

- related to eyes

**4. Have you complaint of Eye sight problems during online learning?**

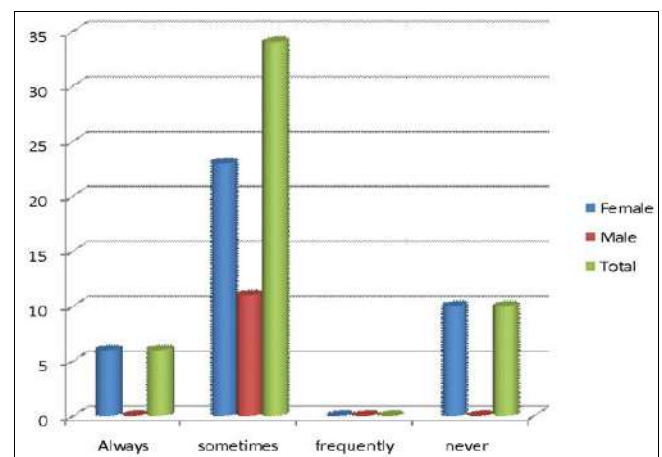
	Female	Male	Total
Always	6	0	6
sometimes	23	11	34
frequently	0	0	0
never	10	0	10
Over all response	39	11	50



1. Almost 50% chance of Dizziness problem during online learning, it may see sometimes
2. 26% female teacher trainees frequently have Dizziness problem during online learning.

**Q3. Have you get Headache problem during online distance learning?**

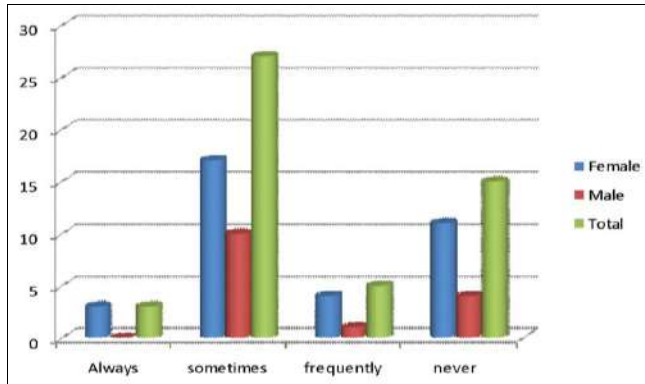
S



Almost 68% trainees have the problem of eye sight during online learning.

**5. Do you face Eye poking/ rubbing problem during online learning?**

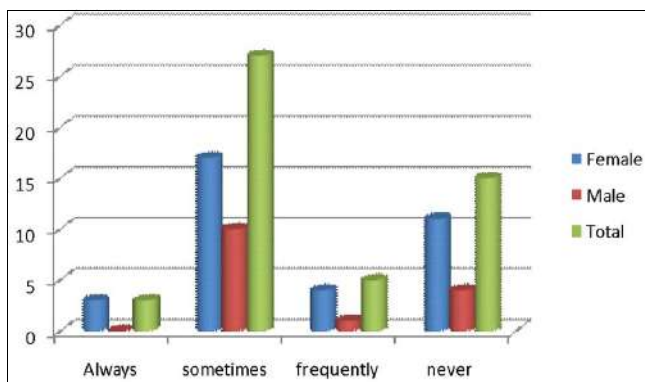
	Female	Male	Total
Always	3	0	3
sometimes	17	10	27
frequently	4	1	5
never	11	4	15
Over all response	35	15	50



- 54% trainees (male and female) faced this problem some times.
- 30% trainees not faced.

**Q6. Eye power of spectacle increased during online learning?**

	Female	Male	Total
Always	3	0	3
sometimes	17	10	27
frequently	4	1	5
never	11	4	15
Over all response	35	15	50

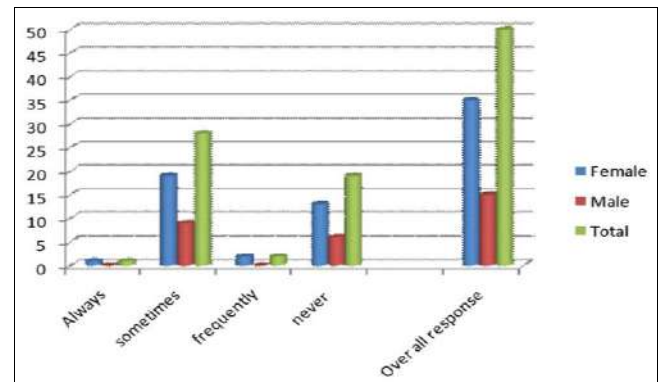


- 54% trainees (male and female) faced this problem some times.
- 30% trainees not faced.

▪ **Related to muscular stability**

**Q7. Felt muscular stretches problem during online learning?**

	Female	Male	Total
Always	1	0	1
sometimes	19	9	28
frequently	2	0	2
never	13	6	19
Over all response	35	15	50

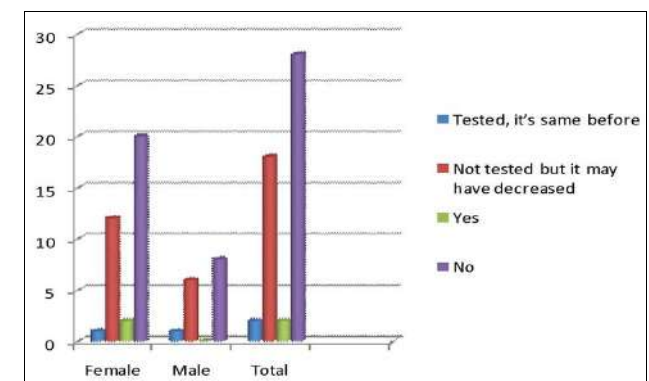


- 56% trainees (male and female) faced this problem some times.
- 38% trainees not faced.

▪ **Related to hear (Ear)**

**Q8. Hearing power decreased during Covid-19 pandemic by online learning?**

	Female	Male	Total
Tested, it's same before	1	1	2
Not tested but it may have decreased	12	6	18
Yes	2	0	2
No	20	8	28
Over all response	35	15	50



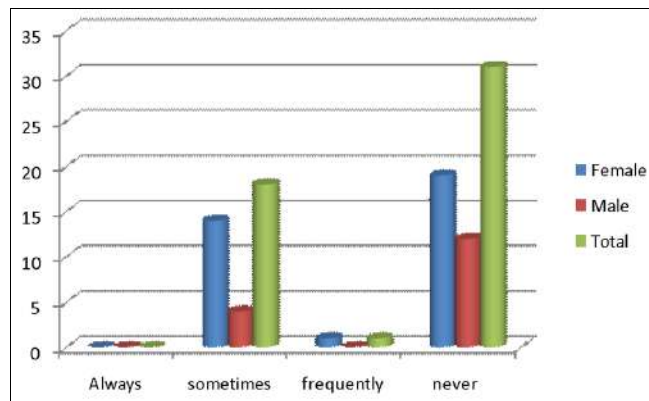
- 36% trainees not tested but they thought it may have decreased.



▪ **Related to legs**

**Q9. Felt complaint of standing with your feet problem during online learning?**

	Female	Male	Total
Always	0	0	0
sometimes	14	4	18
frequently	1	0	1
never	19	12	31
Over all response	34	16	50

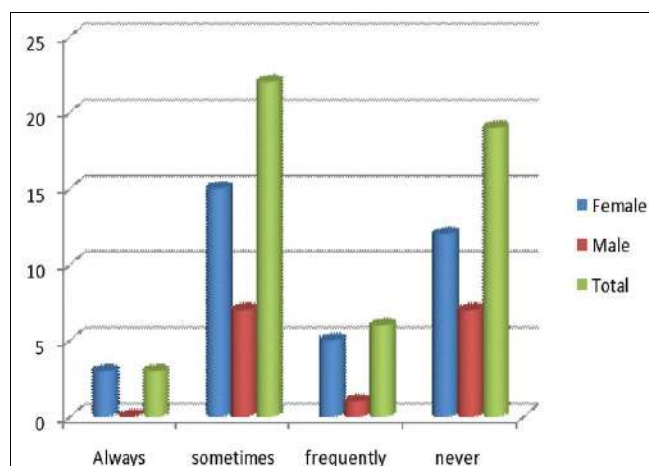


36% trainees faced this problem some times.

▪ **Related to neck**

**10. Felt cervical problem during online learning?**

	Female	Male	Total
Always	3	0	3
sometimes	15	7	22
frequently	5	1	6
never	12	7	19
Over all response	35	15	50

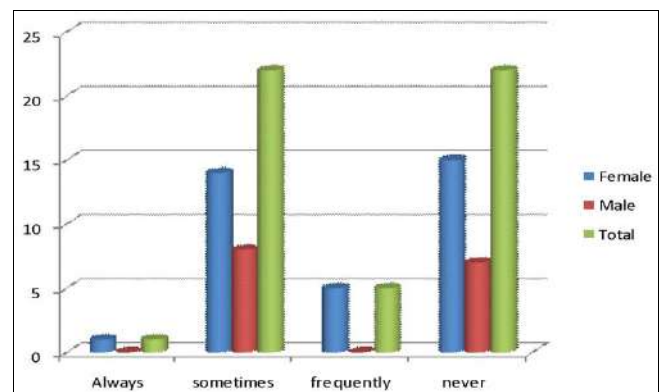


▪ 44% trainees faced this problem sometimes.

▪ **Related to shoulders**

**Q11. Felt problem in shoulders roll back by online learning?**

	Female	Male	Total
Always	1	0	1
sometimes	14	8	22
frequently	5	0	5
never	15	7	22
Over all response	35	15	50

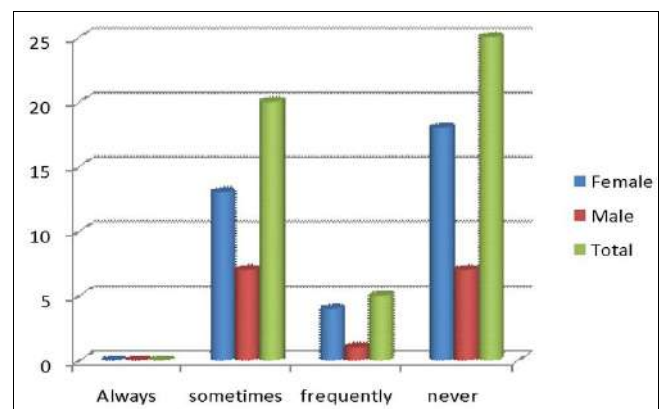


▪ 44% trainees faced this problem sometimes.

▪ **Related to arms**

**Q12. Felt pain in wrist during online learning?**

	Female	Male	Total
Always	0	0	0
sometimes	13	7	20
frequently	4	1	5
never	18	7	25
Over all response	35	15	50

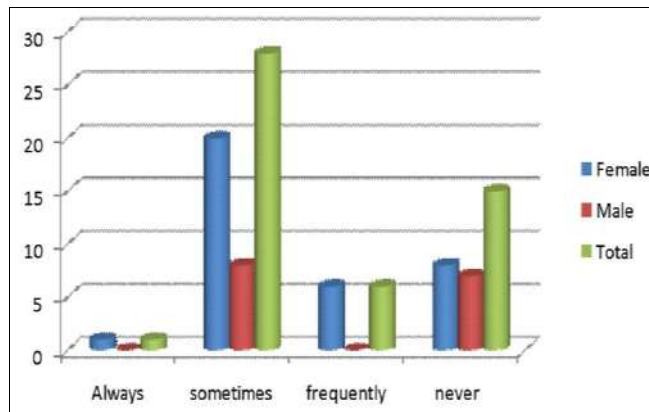


▪ 40% trainees faced the same problem sometimes.

▪ **Related to posture problem**

**Q13. Felt pain in backbone during online learning?**

	Female	Male	Total
Always	1	0	1
sometimes	20	8	28
frequently	6	0	6
never	8	7	15
Over all response	35	15	50

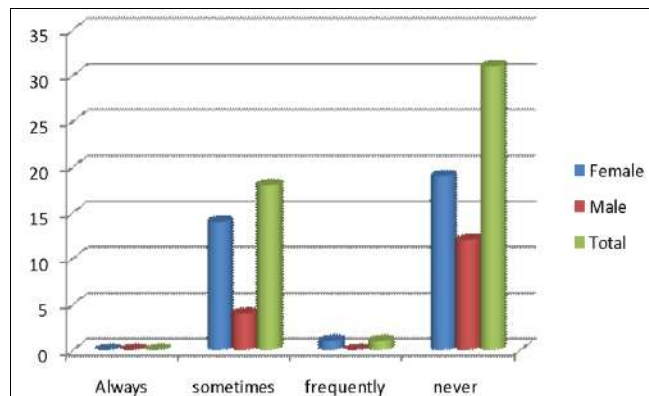


- 56% trainees faced this problem sometime.

**Others**

**Q14. Eye-hand coordination got affected during Covid-19 pandemic by online learning?**

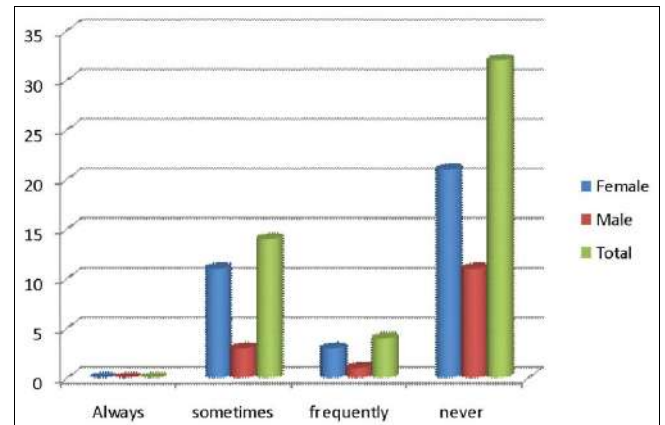
	Female	Male	Total
Always	0	0	0
sometimes	14	4	18
frequently	1	0	1
never	19	12	31
Over all response	34	16	50



- 36% trainees faced this problem sometimes.

**Q15. Hand joint blood circulation decreased during Covid-19 pandemic by online learning?**

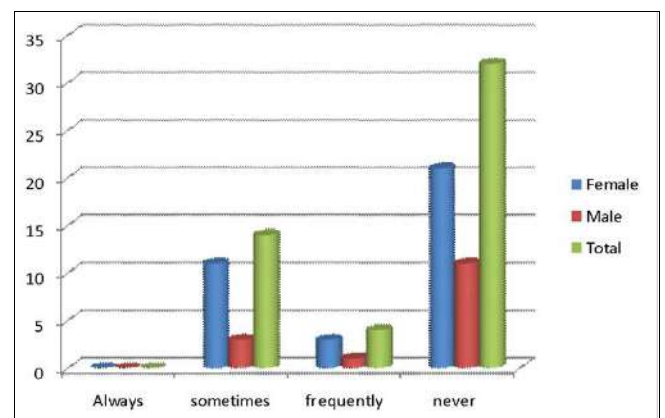
	Female	Male	Total
Always	0	0	0
sometimes	11	3	14
frequently	3	1	4
never	21	11	32
Over all response	35	15	50



- Only 28% trainees felt this problem sometimes.

**Q16. Felt sleeping problem due to on line classes?**

	Female	Male	Total
Always	5	0	5
sometimes	9	9	18
frequently	4	2	6
never	17	4	21
Over all response	35	15	50



- 36% trainees felt this situation sometimes

**Interpretation**

questions	Always	Sometimes	Frequently	Never	Remarks
Have you ever complained about Dizziness during online learning?	2%	46%	26%	26%	46% Trainees felt this problem sometimes
Have you get Headache problem during online distance learning?	16%	68%	12%	4%	68% Trainees felt this problem sometimes
Have you complaint of Eye sight problems during online learning?	12%	68%	0	20%	68% felt sometimes
Do you face Eye poking/ rubbing problem during online learning?	6%	54%	10%	30%	54% responded for sometimes
Eye power of spectacle increased during online learning?	6%	54%	10%	30%	54% responded for sometimes
Felt muscular stretches problem during online learning?	2%	56%	4%	38%	56% responded for sometimes
Felt complaint of standing with your feet problem during online learning	0	36%	2%	62%	62% responded for never
Felt cervical problem during online learning	6%	44%	12%	38%	44% felt sometimes
Felt problem in shoulders roll back by on line learning?	2%	44%	10%	44%	44% responded for never, similarly 44% felt sometimes
questions	always	sometimes	frequently	never	REMARKS
Felt pain in wrist during online learning	0	40%	10%	50%	50% responded for never
Felt pain in backbone during online learning?	2%	56%	12%	30%	56% responded for sometimes
Eye-hand coordination got affected during Covid-19 pandemic by online learning?	0	36%	2%	62%	62% responded for never
Hand joint blood circulation decreased during Covid-19 pandemic by online learning	0	8%	28%	64%	64% responded for never
Felt sleeping problem due to on line classes	10%	36%	12%	42%	42% responded for never

question	Slightly stressful	Moderate stressful	Frequently very stressful	Not at all	remarks
Do you feel stressed during online learning	46%	34%	6%	14%	46% responded for slightly stressful
question	Tested it is same before	Not tested but it may have decreased	Yes	no	remarks
Hearing power decreased during Covid-19 pandemic by online learning?	2%	36%	4%	56%	56% reported not at all

Analysis and interpretation of the data has revealed that majority of the trainees reported that on line classes during pandemic affected sometimes the mental and physical health of them (male and female), but in some cases it was not. It is concluded by the researcher that on the whole, on line affected the mental and physical health of male and female trainees to some extent.

**Suggestions and Recommendations**

Similar study can be done for all the pupil teachers of Elementary Education courses and B.Ed programmes across Delhi or even it can be undertaken in different states of India.

A study to know the stress level of the trainees and strategies to release the stress can be conducted. For In-service teachers, this study can be conducted and necessary feedback may be provided to them.

Other aspects of online learning such as mental health of teachers conducting online lectures, difficulties faced by teachers in preparing online material, Stress level of the teachers, can be studied in future.

**Conclusion**

As this survey was conducted on a small sample of one institute i.e. DIET Moti Bagh, hence the findings cannot be generalized. However due to nationwide similar situation of on line classes during pandemic, these findings can be generalized to some extent.

**References**

1. Alghamdi A, Karpinski AC, Lepp A, Barkley J. Online and face-to-face classroom multitasking and academic performance: Moderated mediation with self-efficacy for self-regulated learning and gender. *Computers in Human Behavior*. 2020;102:214-222. <https://doi.org/10.1016/j.chb.2019.08.018>
2. Gopal A, Sharma AJ, Subramanyam MA. Dynamics of psychological responses to COVID-19 in India: A longitudinal study. *PLoS One*. 2020;15(10):e0240650. <https://doi.org/10.1371/journal.pone.0240650>
3. Wieling MB, Hofman WHA. The impact of online video lecture recordings and automated feedback on student performance. *Computers & Education*. 2010;54(4):992-998. <https://doi.org/10.1016/j.compedu.2009.10.002>
4. World Bank. *Involuntary Resettlement Sourcebook: Planning and Implementation in Development Projects (Revised ed.)* [E-book]. World Bank Publications. 2004, 1. <https://doi.org/10.1596/0-8213-5576-7>
5. Kearsley G, Lynch W, Wizer D. The Effectiveness and Impact of Online Learning in Graduate Education. *Educational Technology*. 1995;35(6):37-42. <http://www.jstor.org/stable/44428305>