# The Psycho-Social Impact of Online Classes on High School Students

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**Abstract:** *Online classes are the essential way of learning and teaching in the current scenario. It is important to know about the effectiveness of the online education and is possibilities, also to know about the merits and demerits of this mode of learning. This research tries to know about the influence of the online classes on high school children especially on their social and psychological impact occurred due to online classes. The researcher intended to do the quantitative research this method this will give a holistic understanding about the topic from different perspective. The respondents (n=60) are the students who study in 8th and 9th standards, who are located in and around karimannoorgramapanchayaththe sampling method used in this study is a probability sampling in which the researcher uses the simple random sampling by using questionnaire. The collected data analysed and finally emerged as the findings of the study. The researcher intended to pursue the research and find the conclusion.*

**Keywords:** Psycho-Social, Classes, Online, etc.

## I. INTRODUCTION

"Education means that process by which character is formed, strength of mind is increased, and intellect is sharpened, as a result of which one can stand on one's own feet."- Swami Vivekananda. Through the statement Swami Vivekananda rightly mentioned about the education and its importance in one's life. He states that the education helps the person to be independent in life. The learning begins for a person right from the time the person is born it can be through the senses (touching, seeing, hearing, etc.).

## II. ONLINE LEARNING

"E-learning, also referred to as online learning or electronic learning, is the acquisition of knowledge which takes place through electronic technologies and media. In simple language, e-learning is defined as learning that is enabled electronically." As this definition points out the online education or classes is that which provide electronically or through internet. It is very familiar word now days as the covid -19 pandemic spread through the nation the entire nation had to depend upon the online platform for the educational purposes. It is also termed as the distant learning. There are ample of opportunities for in the online platform for the students. Also have certain disadvantages as well. The online platform provides less opportunity to interact with peers. The online plat form provides little opportunity for the face-to-face interaction and socialization.

## III. LITERATURE REVIEW

Mahapatra, Ananya. (2016), importance of Education. Education helps to create and develop ideas that can change their lives. Before when a child is born into this world that is from the womb the baby starts its learning. Chinn, A, Clar. (2011). Educational Psychology: Understanding Students Thinking. Children discover words and meanings by chance. They become aware of relationships between words and physical quantities and between their cause and effect. And at a certain age, the child starts formal education of learning things that help him to develop his cognitive and psychological development with physical growth. So, the important part of child development takes part in the education of their school life where they learn lessons of life.

Anderson, Terry (2008), the theory and practice of online learning "Carliner (1999) defines Online learning as educational material that is presented on a computer". In the same book, Rosatt (2002) explained "online learning has many promises, but it takes commitment and resource and must be done right". Doing right means that it should be designed properly with the near d of the learners, can be accessed by anybody at any time with the main focus on high interactivity and collaboration. It is because social collaboration is considered to be one of the challenges that our online subclasses facing nowadays. Collaborative learning approaches help overcoming the situations of social isolation which is one of the key defects of online learning. It reduces the geological distances among instructors and students.

Dispatch(2020),the Impact of Online Education in Academics. The arrival of digital advancement in the education industry opened a new pathway for education and learning. This article is focused on the benefits that get through online education. As traditional methods classroom is supported by a certain population, online education provides a wide variety of courses according to our aspiration and it not only focuses on the single way training as in the classroom, that is a specific area/room for the class at a regular time which is the same like caging. Whereas the online platform provides various met there, learning styles. For example, in online learning, the teacher can arrange class through audio, video, pictures, or diagrams or with study material with the need of the learner, and there are no barriers to learning with the convenience of students. Another important factor is the pace of learning in online learning. The pace of completing the study is decided by the students so that they do it with their ability.

(Altmann, Ebsersberger, Mossenlechner, &Wieser., 2004). In the rapidly changing world lifelong learning is very important and people need to continue education while working will improve their skills, knowledge include social and informal learning. It gave facilities beyond the individual classroom, for that the institution's vision and mission should be supportive and also ready on investing in the system. As in this system, the teacher should be good at handling technology so that the education department will be restructured with members of instructional designers, multimedia, developers, graphic designers and they try to build competency together try new technology approaches in a safer space, understanding, sharing will take place with in-depth exchange and collaboration thus reduce the autonomy of educators in providing education as in the traditional method. Developing abilities of teachers in technical skills and didactical skills in framing the teaching and learning in the new environment. The teachers should be offered workshops and coaching sessions. So online learning is not only is a platform for the transformation of student's environment but also the whole education system.

## IV. SIGNIFICANCE OF THE STUDY

Online platform provides various opportunities it also has certain demerits too. The education is the fundamental right of each student. Through this study I planned to understand systematically about the psychological and social problems faced by the high school students. Education not only provides knowledge through theories and books but also helps each individual to socialize and learn culture and other aspects of the society. The peers are important for a student to socialize also for the students to grow socially and psychologically. The peer interaction would help the student to be a bit more cooperative and collaborative in the society at large. The covid 19 pandemic brought about a lot many changes in the life of people also there was an impact on the life of the students as well. The classes are mostly in the online mode and this affected a lot for the students. Though it gives a wide range of opportunity they lacked the peer group interaction and other social activities. I hope this was a serious problem the children faced.

## V. BENEFITS OF ONLINE LEARNING

Online learning is rapidly becoming one of the most effective ways to impart education. The schools and educational institutions moved to online mode to resume their studies during the pandemic this benefited the students to improve upon their learning. As a result, education has changed dramatically, with the distinctive rise of e-learning, whereby teaching is undertaken remotely on digital platforms instead of physical classrooms.For students, online classes have become an imminent trend in the education sector around the globe. Digital learning has provided easy access to the files and folders that can now be organised and saved

without any physical damage. With one click, students can access their notes and assignments without the fear of misplacing or spoiling them. With advanced technology, this mode of learning has not only been simpler but fun and engaging as well. Technology-enabled learning is beneficial and has proven to be more engaging as it helps in making those subjects interactive and fun which are traditionally considered dull by students. It became very convenient for the students to attend classes from anywhere in the world as both classes and learning content was easily accessible at home.

Integration of the learning platforms with new-age interactive applications has made online classes more convenient for both students and teachers as more students are able to express their views at the same time using certain online applications. Students have been more particular with their online submission as they are notified on a regular basis and it is an effortless task for the teachers to track down the students who have failed to submit their assignments on time. Online learning has helped students to become independent learners before they make their way into the real world. Students got opportunities to explore new learning applications and platforms during the class, which helped them to develop new skills and capabilities accelerating their growth trajectory. Some of the students have been responding well to the active learning environment created online by the teachers whereas others need a push in fits and starts. These are the main benefits of the online.

## VI. IMPACT OF ONLINE CLASSES ON HIGH SCHOOL STUDENTS

The study is focusing on "the Psycho-Social Impact of Online Classes on High School Students". The entire world is facing a lot of problems due of the Covid -19 pandemic. This affects the students and studies too. As a researcher, I wanted to know more about the problems issues the students underwent for the past two years. As I mentioned before the online education provided ample of opportunity for the students to learn. But this distant learning could make less social interaction and less face-to-face communication and I personally believe that this can affect the student's personality. And this curiosity made me to choose this topic. Though the offline classes had begun at schools and colleges the pandemic have not yet fully gone from the state, this make this topic still prevalent to study.

The *India Today* magazine provide the detail about the serious problems a student faces due to the online classes they are,

- *Lack of Interest*

  Humans are social animals, and the most introverted ones also need to see faces and have human interactions once in a while. The children have grown to lose interest in their classes. The pressure of after-school homework and assignments has triggered a great toll on the mental health and mood of the students.

- *Stress and Anxiety*

  The concentration levels of students dropped in online learning as the eye meanders elsewhere on the screen. This in response made it difficult for most students to keep up with the teachings. Most children were seen lagging behind and succumbing to the pressure.The pressure to concentrate and produce the required results has resulted in a great amount of stress and anxiety in children. This also is an impact of online education on children.

- *Lack of Classroom Ethics*

  The classroom ethics have been compromised to great lengths. The posture, regularity, lack of routine, attentiveness has all resulted in health hazards. Constant sitting has caused weight concerns as well. No physical activity has made the students restless and frustrated. These cases made the children to have less focus on the classes.

- *Lack of physical activities*

  The lack of physical activities has caused children to become obese. Muscle spasms, muscle rigidity, and lack of calcium, etc. are all based on lack of physical activity.

- *Eyesight Problems*

  Increased screen time has increased the strain on the eyes, resulting in major headaches. This was applicable not only to the students but also to teachers.These are a few of the physical, psychological

and social problems a child faces due to the online classes. As I am focusing on the psychosocial impact of online classes these are few of the draw backs of the online classes. This also have ample of advantages the students can learn from distant places. It creates a global learning platform. It is easy to access for the students. These are a few of the benefits of the online classes. Through this research the researcher tries to find out the psycho social impact of online education on high Scholl children.

## VII. PSYCHOLOGICAL IMPACT OF ONLINE CLASSES

The pandemic made the schools across the globe to get shuttered for months at a time as the virus spread, keeping children from learningplaying with friends, and accessing an essential social safety net. Many families were pushed into poverty, and children in lockdown were especially vulnerable to violence at home.

Children and adolescents have been deeply affected by the mental health impacts of the pandemic and could feel them long after it ends.

The UNICEF says that the lockdown and the online classes have affected the mental health of the children in these many ways.

**The problem is of epidemic proportions**

More than 13% of adolescents aged 10-19 live with a diagnosed mental disorder as defined by the World Health Organization (WHO). But nowhere are the often-hidden mental health needs of children and adolescents being fully met.

The data of WHO is that globally, 89 million adolescent boys aged 10-19 and 77 million adolescent girls aged 10-19 live with a mental disorder - 40% of them anxiety and/or depression.

These are some of the impacts of lock down and psychological impact on children the way they get affected by the each of this factor is crucial for a child's upbringing. So, the online classes have made certain impact in the life of children and their life at large.

## VIII. SOCIAL IMPACT OF ONLINE CLASSES

- *Sense of Isolation*:
  Students can learn a lot from being in the company of their peers. However, in an online class, there are minimal physical interactions between students and teachers. This often results in a sense of isolation for the students. In this situation, it is imperative that the school allow for other forms of communication between the students, peers, and teachers. This can include online messages, emails and video conferencing that will allow for face-to-face interaction and reduce the sense of isolation.

- *Manage Screen Time*:
  Many parents are concerned about the health hazards of having their children spend so many hours staring at a screen. This increase in screen time is one of the biggest concerns and disadvantages of online learning. Sometimes students also develop bad posture and other physical problems due to staying hunched in front of a screen.

## IX. CONCLUSION

"Education means that process by which character is formed, strength of mind is increased, and intellect is sharpened, as a result of which one can stand on one's own feet"- Swami Vivekananda. The education is the right of every child in India and we need to provide a quality education for our students to build a constructive nation. The online education provides ample of opportunities for the children at the same time it has some drawbacks too. The rime of adolescents is the time where a person needs more support from friends and peers. And online facility reduces the opportunity to be in that circle. The online facility also reduces the social interacting skills of a child. It provides less opportunity to mingle with the society were a person lives. All these are the major psycho social impact of online learning in high school students.

## ACKNOWLEDGEMENT

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