EFFECTS OF ONLINE CLASSES ON MENTAL HEALTH OF CHILDREN'S   AND THEIR REMEDY

Abstract

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It cannot be denied that online classes are running in Indian educational institutions for the last three years. It is noteworthy that after the first wave of corona virus in India, schools and colleges were closed in many states of the country. During the closure of educational institutions due to Corona virus in India, a new concept of online classes had started in educational institutions across the country. However, while on the one hand, children have got a new learning experience during online classes, on the other hand online classes have also created many problems in the mental health of the children. There is no denying that it is extremely important to keep-away children from the mobile phone. It is true that due to online classes, children are suffering from headache and stress and kids are forced to remain confined in their homes. It is a fact that prolonged school closures, lack of outdoor activities and lack of social interaction have affected the psychological health and development of children. It is a fact that prolonged school closures and uncertainty and fear about the virus have affected the psychological health of school children. It is true that excessive use of online classes in lockdown is adversely affecting the mental health of children. It cannot be denied that parents are also worried about this growing problem of overuse of online classes. It is a noteworthy fact that some parents are reporting that continuous working on Smartphone's and laptops has started adversely affecting the mental health of the children. There is no denying that in India, however, it has been seen that children are using online educational apps for studies. There is no denying that online education has various negative consequences. That is why it is said that children should be

kept-away from mobiles. In this research paper, the author also suggests some solutions to counter the increasing trend of students towards online education. This research paper tries to explore the mental consequences of online learning in children. In this research paper, the authors describe the impact of online learning on mental health.

Key Words: Health, Corona. Online, Mental, Children.

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Introduction

It cannot be denied that the studies of students in India have been disrupted due to the lockdown of Corona disease. It cannot be denied that parents of children studying in small classes are disappointed. The parents of children are facing a strange situation due to the introduction of online education in India. There is no denying that it is also necessary to educate children, but it is also important for children to be healthy. Along with this, it is also important to see how much the child understands through online classes. Everyone is distracted by the online classes that started during the period of lockdown in India. It is true that now many teachers and parents are not in favour of online classes [1].

It cannot be denied that teachers of many private schools say that it is adversely affecting the mental health of the students. It is true that excessive use of online classes in lockdown is adversely affecting the mental health of children. It cannot be denied that parents are also worried about this growing problem of overuse of online classes. It is a noteworthy fact that some parents are reporting that continuous working on Smartphone's and laptops has adversely affecting the

mental health of the children. Due to covid, the situation is that children were not able to go to school in lockdown [2]. There is no denying that in the lockdown, children were moving towards the online learning mode. It cannot be denied that online education can prove to be helpful because this type of online education has helped to restore regular study and a sense of normalcy when other things seemed uncertain. Online education is the only safe-way by which children can make good use of their time by staying confined to their homes. It is a fact that online learning is helpful even for children who are slow learners. Significantly, some child psychologists say that online classes are affecting children mentally and physically[3].

Effects of Online Education on Mental Health of Children:

There is no denying that the demand for online classes among college students has increased in the early 21st century. This is especially due to the demand for online classes among students who depend on flexible and convenient education to earn a degree.Online classes give immediate and regular access, similar to traditional face-to-face classes. There is no denying the fact that online education communication usually takes place through e-mails and virtual discussion forums. It can-not be denied that COVID-19 caused a worldwide devastation that no one could have imagined [4]. The world had come to a standstill due to covid-19. It cannot be denied that technology is supreme in every aspect of modern life. It is possible that this transformation of online education has become new and stable in India. Online classes initially seemed fun but soon became overwhelming. It is true that online education has changed the way of studying, but attending online classes

from home since the last three years has created mental health problems for the students. It is important to understand that due to online learning mode education, children are not able to go to school. Online learning has been helpful because it has helped to restore a sense of routine, predictability and simplicity when other things seemed uncertain [5].

The COVID-19 epidemic has affected education for students across the world. Students around the world are participating in online learning due to COVID-19. It is true that online education is the only safe-way for children to spend limited time in their homes. It cannot be denied that online education is also helpful for children who are slow-learners and self-motivated. There is no denying the fact that E-learning education can lead to social isolation. It cannot be denied that e-learning requires immense self-motivation and time management skills. E-learning may lead to lack of communication skills development in online students. It cannot be denied that fraud prevention during online learning assessment is complex [6]. The online learning instruction has been implemented all over the world for the students to get their education amid the pandemic of COVID-19. Students around the world are participating in online learning due to COVID-19. Online education has started in India after the COVID disease. Some parents are reporting that mental health problems among students are on the rise in the aftermath of COVID-19. But at present online education has been made difficult in India. It cannot be denied that countless students are facing frustrating delays even during online classes, making technical issues a source of anxiety and stress for the students [7].

Online students cannot rely on the same teacher and peer feedback and accountability as traditional courses sometimes provide. Instructors often update grades via virtual grade books and are less prone to regular informal criticism before and after classes. It cannot be denied that today more online classes and more exposure to computer screens can lead to increased health issues. There's no denying that there isn't a lot of physical activity being done today. Not doing much physical activity can lead to laziness among students for outdoor activities. It cannot be denied that such problems require immediate solutions as they affect the development of the individual dramatically [8].

Remedy for Poor Mental Health Due to More Online Classes:

There's no denying that schools and colleges in India and around the world were switched to online classes due to the COVID-19 epidemic. But since the COVID epidemic, there is a lack of communication and students face social segregation. Online education has changed the way we learn to a great extent, but attending online classes from house has fashioned psychological and physical wellbeing issues for both students and teachers. This really affects the mental health of the students and scholar. The lack of social contact in online learning leads to feelings of aloneness, lack of enthusiasm and remoteness. Everyone's physical condition and well-being was an apex priority during the epidemic and online education was the top alternative during this difficult time [9].

Psychological health problems are extremely widespread among school and college students. There's no denying that students and parents can learn tips to tackle the challenges of online learning. Many students are facing various problems due to the

plethora of online education and many of these problems are of mental nature. There is no denying the fact that families have also struggled to understand how online education affects the mental nature of their children and the overall family dynamics [10]. Online learning inspired by the COVID-19 pandemic could have a long-term impact on children's mental health. There are a few things kids can do to make the most of this phase of online learning. There is no denying that babies are very flexible and can easily cope with the changes around them. But with so many things changing, it is important to take care of children's mental health and well-being. It cannot be denied that students do not get enough sleep because computer keeps awake her mind [11].

Conclusion:

It cannot be denied that for a few reasons, going to college can be a stressful work for many students. Apart from facing academic pressure, some students have to deal with the stressful task of being separated from their family of origin while others may have to deal with multiple tasks and family responsibilities. It cannot be denied that online learning has an impact not only on students but also on parents. It cannot be denied that parents are now proxy teacher tutors and parents are becoming more involved in helping their children learn well. Mental health problems are very common among college students. It cannot be denied that the recognition and adequate treatment of mental health symptoms are common problems among college students and the pressure of online learning may contribute to the persistence of mental health problems in this population.

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