



Health Problems In E-Learning And How To Deal With Them

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ABSTRACT

The stress and learning burden of adopting a new delivery mode is taking a major toll on the lives of individuals in higher education as they adapt to teaching and learning at a distance. This is a massive problem that is quickly worsening. While some students benefit from online learning, the virus's toll, isolation, increasing workloads, and other side effects are becoming more common among students, staff, and teachers.

It is important not to overlook it. Every institution must handle these issues that jeopardise their constituents' well-being.

Faculty members are under a lot of pressure to convert their lessons to digital formats that are effective. The additional workload, as well as the anxiety that comes with it, is added to faculty's already complex obligations. Faculty burnout has become more of an issue as a result of the increased workload. So many faculty members who are already on the verge of burnout due to the pressures of teaching, advising, research, and publication are experiencing emotional setbacks or even collapse.

Keywords: Isolation Can Cause Anxiety and Depression, Irregular Sleep Is Caused By Procrastination, Computer Abuse Poses Physical Health Risks, Eye Strain Is A Very Common Problem and Health Issues At Their Extremes.

INTRODUCTION

As the era of online classrooms has begun, students are beginning to experience the effects of increasing screen time on their health. If your student is experiencing exhaustion, tension, headaches, or eye strain as a result of e-learning, it's important to focus on some practical solutions to help them overcome these health difficulties.

Sarhad College of Arts, Commerce, and Science is always changing to keep up with the times. It's now time to teach students how to recognise hazards and how to use everyday online classes to achieve great results. In online classes, we are concerned about students' health issues. What are the health dangers of taking an eLearning course, and what can teachers do to mitigate such risks?

METHODOLOGY

While it comes to their students' social, mental, and physical well-being, instructors prefer to take an impersonal, hands-off attitude when creating eLearning programmes. Unfortunately, this can have a significant negative impact on academic performance.

New students in eLearning courses have a tendency to acquire certain behavioural patterns that can lead to health problems. Instructors can discourage this type of behaviour by remembering the following points..

1. Isolation Can Cause Anxiety And Depression

Online learning is extremely handy, but it also has a few disadvantages. When all contacts take place online, maintaining a personal social life, connecting with academic colleagues, interacting with the instructor, and keeping a personal social life might be difficult.

According to recent studies, people who spend too much time on electronic gadgets have trouble focusing, and internet addiction (which is not formally recognised as a mental disease by the American Psychiatric Association) can have a significant influence on our lives. It can lead to social isolation, which can lead to lower academic performance and possibly mental illness.

What can online instructors do to help students avoid these traps?

Collaboration assignments, regular debates, and the use of technology to promote alternate lines of contact are all important ways for teachers to foster a feeling of community.

- Create a regular schedule of short assignments that allow students to collaborate digitally.
- In a digital context, regular touch with varied peers will foster a stronger feeling of community.
- Encourage students to form virtual study groups to go over course material in online discussion boards.
- Learners can clear up points of misunderstanding, demonstrate their understanding, and retain information more successfully by discussing course material.
- Software such as video chat platforms and even virtual reality applications can be used to facilitate communication among classmates and with the instructor.
- This is particularly useful in joint endeavours. Teachers might even offer regular "office hours" during which students can discuss course material with them in a virtual "face to face" setting.

2. Irregular Sleep Is Caused By Procrastination

For years, educators have understood that procrastination is a big issue among students enrolled in online courses. Students usually wait until the deadline for an assignment approaches before finishing it, typically submitting it within an hour of the deadline. Considering that many professors set deadlines at odd hours (typically around midnight or later), this can lead to some bad habits.

This framework not only produces subpar work, but it can also disrupt learners' sleep patterns. Sleep deprivation has a variety of negative consequences, including decreased memory retention, productivity, and learning ability. According to research, college students in general are receiving little sleep, and sleep deprivation has been linked to low academic performance. In fact, according to a Harvard research, sleep consistency has a direct link to GPA.

There are methods instructors can take to prevent learner procrastination, as previously mentioned on eLearning Industry:

- Your course should be created in such a way that it does not cause learners to become distracted. Using complicated page designs, playing loud background music, or necessitating the use of unintuitive software can all distract students and cause them to procrastinate.
- Make incoming students sign a training contract that obligates them to follow a set of guidelines. Work with students to identify attainable goals and assist them in developing a plan to achieve them.

Hold a meeting with students who consistently submit homework very close to the deadline. It's not necessary to be combative; merely assist them in understanding why they're delaying things. Are there any personal concerns that the students in question are dealing with, or are there any parts of your assignments that make the submission process more difficult? As a teacher, this can assist you in streamlining your course and removing barriers to student achievement.

3. Computer Abuse Poses Physical Health Risks

In addition to the mental health risks listed above, spending an extended amount of time at a computer can have negative physical effects on your body. Sometimes, as a result of procrastination, new eLearners may find themselves studying and completing assignments for sessions lasting several hours. This behaviour can lead to a wide range of health risks, including:

- Injuries to the muscles and joints
- Excessive sitting is linked to a higher mortality risk.
- Computer-induced eye strain and accompanying symptoms

Some of the best practises outlined above can help you prevent these problems. Crunch time should not be an issue if students stick to a training contract's timetable and have regular study sessions with their colleagues. In addition to these efforts, educators should make best practises clear as soon as possible. Students must communicate difficulties that prevent them from completing assignments, as well as any other issues that may affect their learning.

They can prevent the detrimental health effects of computer misuse by doing so. These are only a few of the health concerns that eLearning students may face. Teachers can mitigate

these hazards and promote improved overall academic performance by following strong core design principles.

4. Eye Strain Is A Very Common Problem

Many parents are already concerned about how much time their children spend on cell phones and video games. Furthermore, online lessons have increased the pressure on the eyes. Some pupils experience physical difficulties such as headaches and fever as a result of the extended courses. It has been brought to the attention of the Ministry of Human Resources, which wants online class time for pre-primary and high school pupils to be lowered. Instead of one-hour sessions, 45 minutes per session is thought to be best for reducing stress.

This is just one way that online programmes might help you overcome health challenges. If the eyes are red, they should be cleaned often. Consult an optician if your eyes are red for an extended period of time. Blue light filtering or anti-fatigue lenses are prescribed for students.

5. Health Issues At Their Extremes

While almost all pupils will experience the above, a few sensitive individuals may experience a different strain. They may become agitated, and their nail biting may intensify. Isolation can lead to depression in certain people. Thumb sucking and hair pulling are common among little students at night. All of this has a negative influence and disrupts sleep habits.

Does the student show the below symptoms?

- Constant headaches and disrupted sleep patterns
- Eyes that are red and strained
- Muscle and joint aches and pains
- Online classes should be avoided if at all possible.
- Anxiety and a lack of motivation
- Isolation and a lack of socialising
- Uncertainty and a lack of communication

Teachers can be affected by these disorders as well, so it's critical to understand the warning signs, be aware of the hazards, and take steps to mitigate them.

Tips to overcome physical and mental issues

- Using computers to reduce reliance on reading.
- Getting enough rest. Allow at least two hours before bedtime for computers and laptops to be turned off.
- To decrease eye strain, avoid utilising overly bright designs for any e-learning programmes.

- Allow time for kids who do not meet homework deadlines.
- Allow the youngest students to play outside if they are grumpy and restless.
- Take a 15-minute break between sessions to allow your mind to rest.

CONCLUSION

Without addressing the various skill, technical, and cultural barriers, success in implementing the E-learning educational system as one of the key techniques in managing knowledge and educational needs of higher education organisations will not be attained. To meet this challenge, IT infrastructure and standards must be established, as well as lessons learned from leading countries in the field of E-learning, a right culture must be established, and learners and teachers must be familiarised with the development and use of E-learning materials.

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