

Impact of online classes on psycho-physical health of teachers during lockdown

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ABSTRACT

COVID-19 is a very dangerous pandemic communicable disease. Because of this life-threatening disease, the whole world is following complete lockdown protocol process. Most of the people are feeling psychological and physical illness because they are unable to come out their homes. Educational sectors are facing so many difficulties to run classes or conducting examinations. Teachers of schools, colleges and universities are taking online classes to complete the syllabus. Therefore, they have to use mobiles, computers and laptops for a long time; it creates various types of health problems. The aim of this research is to know the influence of online classes on the physical and psychological health of teachers. 120 teachers in which 50% were online class takers (Those who taken 4 or more than 4 hours per day and minimum teaching period was one and half month) and 50% were without online class takers; were selected by stratified random sampling method. Stratification was based on types of educational institution and types of teachers. A short structured interview was conducted on them through voice calling. All the questions were related to their schedule of classes and their physical and mental health. Number and percentage were calculated on the basis of each question, which was asked by the teachers. After interpretation of data it has been found that the percentages of online class taker teachers were higher in physical illness; such as headache, eye-problems, Shoulder and back-bone pain, stomach related problems, like indigestion, acidity, gas etc in comparison to without online class taker teachers. This study also reveals that online classes do not influence the psychological health of the teachers because the percentage of teachers was not different between both category (online class takers and without online class takers) on the question of psychological problems, such anxiety, depression and stress.

Keywords: *Online Classes, Psycho-Physical Health, Lockdown*

Nowadays the situation is very critical all over the world because of Covid-19. Our country is in lockdown process, like many other countries. Therefore, all the sectors such as economic, educational, social, political etc are badly influenced by this pandemic situation. The present study is related to the influence on educational sector during lockdown. Now schools, colleges, universities are unable to run face to face classes and conduct examinations. Therefore, they are taking online classes to complete the courses. It

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Received: August 18, 2020; Revision Received: September 19, 2020; Accepted: September 25, 2020

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creates lots of health issues. The main intention of this research is to know the influence of online classes on psychological and physical health of the teachers. In online classes, teachers use mobile or computers and connected with their students through the internet. They have to sit in a one place during their classes, which creates shoulder and backbone pain. The brightness of these devices badly affected their eyes. Most of the teachers use earphone during online classes, which creates ear related problems.

Terras and Ramsay coded that differences among students are necessary to enhance better teaching skill.

ION Professional E-learning programs- Online classes are not the best option for primary or secondary school students. This method is also not good for dependent learners because they face difficulty to fulfill the responsibilities of their educators during online classes.

Thom (2015) said that during online classes, students are unable to raise their hands and ask questions. In face to face class teachers can tell when students do not follow the study material and adjust their lecture accordingly. This process is impossible in online classes. Online classes also lost the group experience because all the students are listening alone.

Estelami (2016) found that students have limited perceptions during online classes. There is a need to improve online classes.

Lockhart (2017) – In online class; students are unable to get immediate feedback from their teachers. Sometimes it creates misunderstanding between students and teachers which lead to misinterpretations of tasks.

According to Rensburg (2018) - Online classes require for the development of infrastructure and institutional support. Teachers should be provided training for effective online classes.

Objective

1. To know the psychological and physical problems among online class taker teachers.
2. To compare the psycho-physical health between online class taker teachers and without online class taker teachers.

Hypothesis

1. Physical and psychological problems would be different among the respondents.
2. Online class taker teachers would have poor psycho-physical health than without online class taker teachers.

METHODOLOGY

Sample

120 teachers having an age range “40 to 50” in which 50% (60 teachers) were online class takers, who have taken above 4 or more than 4 hours every day online classes; minimum period of 1 and half month and 50% were (60 teachers) without online class taker teachers. They were selected by stratified random sampling method. The strata was based on types of educational institution (School, college and university) and types of teachers (online class taker teachers and without online class taker teachers); 20 teachers were selected in each group.

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Design

Group	Online class takers	Without online class takers
School teachers	20	20
College teachers	20	20
University teachers	20	20
Total	60	60

Variable

Dependent variable- Psycho-physical health

Independent variable- Online classes

Criteria

Inclusion criteria- Only 40 to 50 years old teachers, only high school teacher was selected as school teachers, Teachers who have taken 4 or more than 4 hours for 1 and half month of period were selected as online class taker teachers.

Exclusion criteria- Below 40 years and above 50 years old teachers, Couching or tuition teachers, Teachers who have taken less than 4 hours online classes.

Instrument

Structured interview questionnaire- A short structured interview questionnaire was prepared to take data from the teachers of schools, colleges and universities through voice call. The questions were related to the duration of online classes and psycho-physical health of the respondents. Physical questions were related to headache, pain in the different part of body such as shoulder-backbone-waist pain etc, blood pressure, eye related problems, stomach related problems and psychological questions were related to anxiety, depression and stress.

Procedure

All the teachers were contacted through social sites. First of all they have established a workable rapport. Then they were conducted a structured interview through voice calling. Data was noted very sharply. Then percentage was calculated to investigate accurate result.

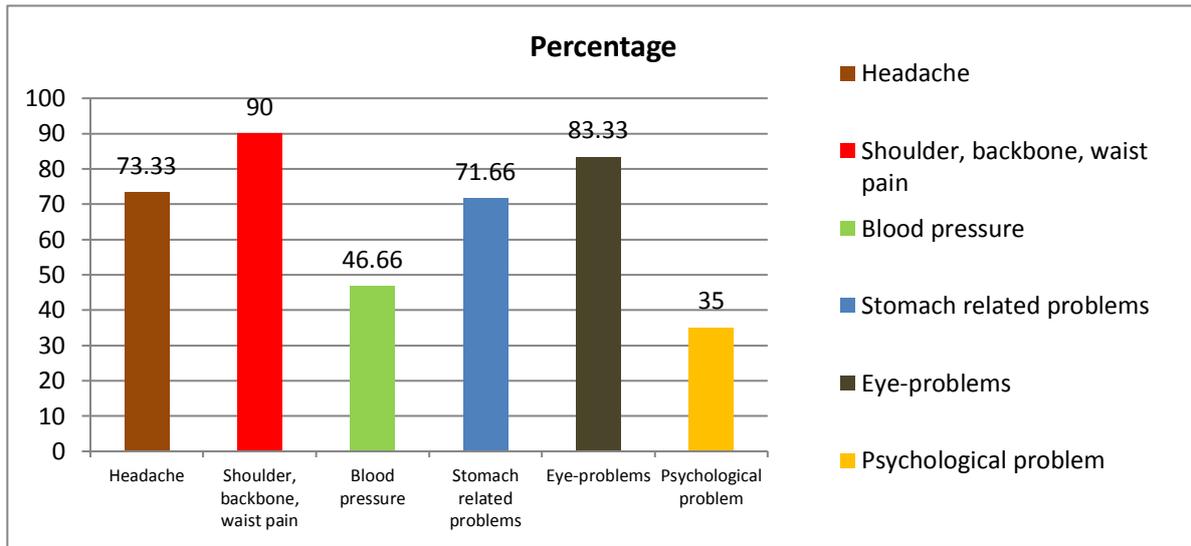
RESULT

Table No. 1 Percentage of online class taker teachers (N=60) suffering with various diseases

Problems	Number	Percentage
Headache	44	73.33%
Shoulder, backbone & waist pain	54	90%
Blood pressure	28	46.66%
Stomach related problems	43	71.66%
Eye-problems	50	83.33%
Psychological problems (Anxiety, Depression, Stress)	21	35%

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Graph- 1 (Bar-diagram) showing the percentage of the respondent suffering from different diseases

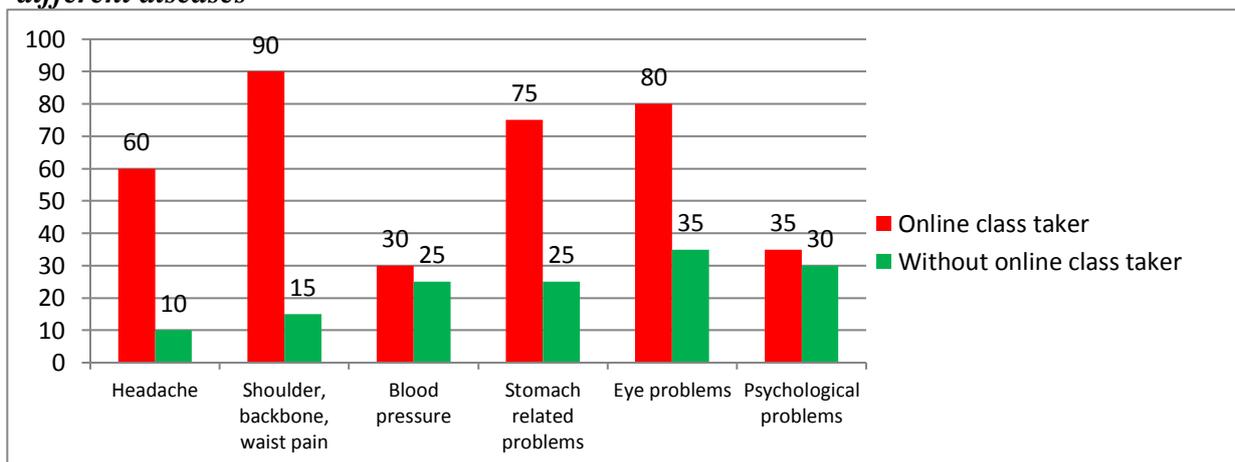


Above table and bar-diagram clearly shows that online class taker teachers are highly suffering from shoulder, backbone and waist pain (90%), Eye-problems (83.33), headache (73.33) and stomach related problems (71.66). It also shows that they are less suffering from blood pressure and psychological diseases.

Table No. 2.1 Percentage of school teachers (online class takers and without online class takers) suffering from various diseases

Problems	Online class takers (N=20)		Without online class takers (N=20)	
	Number	Percentage	Number	Percentage
Headache	12	60%	2	10%
Shoulder, backbone, waist pain	18	90%	3	15%
Blood pressure	6	30%	5	25%
Stomach related problems	15	75%	5	25%
Eye problems	16	80%	7	35%
Psychological problems	7	35%	6	30%

Graph- 2.1 (Bar-diagram) showing the percentage of the school teachers suffering from different diseases



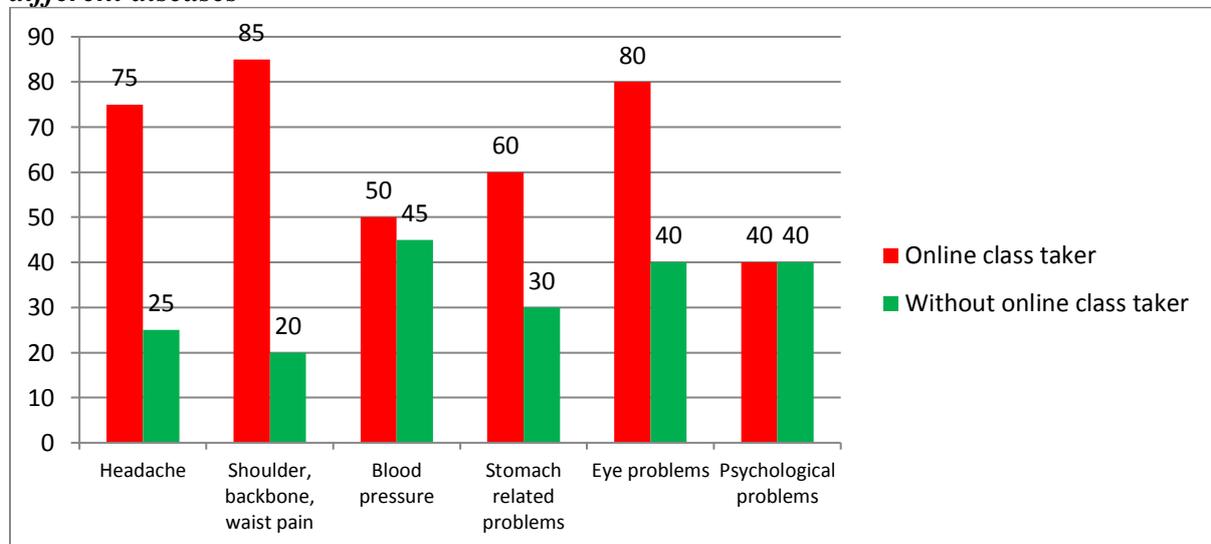
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Above table and bar- diagram clearly shows that the percentage of online class taker school teachers are higher among all the diseases excepting blood pressure and psychological problems than without online class taker school teachers.

Table No. 2.2 Percentage of college teachers (online class takers and without online class takers) suffering from various diseases

Problems	Online class takers (N=20)		Without online class takers (N=20)	
	Number	Percentage	Number	Percentage
Headache	15	75%	5	25%
Shoulder, backbone, waist pain	17	85%	4	20%
Blood pressure	10	50%	9	45%
Stomach related problems	12	60%	6	30%
Eye problems	16	80%	8	40%
Psychological problems	8	40%	8	40%

Graph- 2.2 (Bar-diagram) showing the percentage of the college teachers suffering from different diseases



Above table and bar- diagram clearly shows that the percentage of online class taker college teachers are higher among all the diseases excepting blood pressure and psychological problems than without online class taker school teachers.

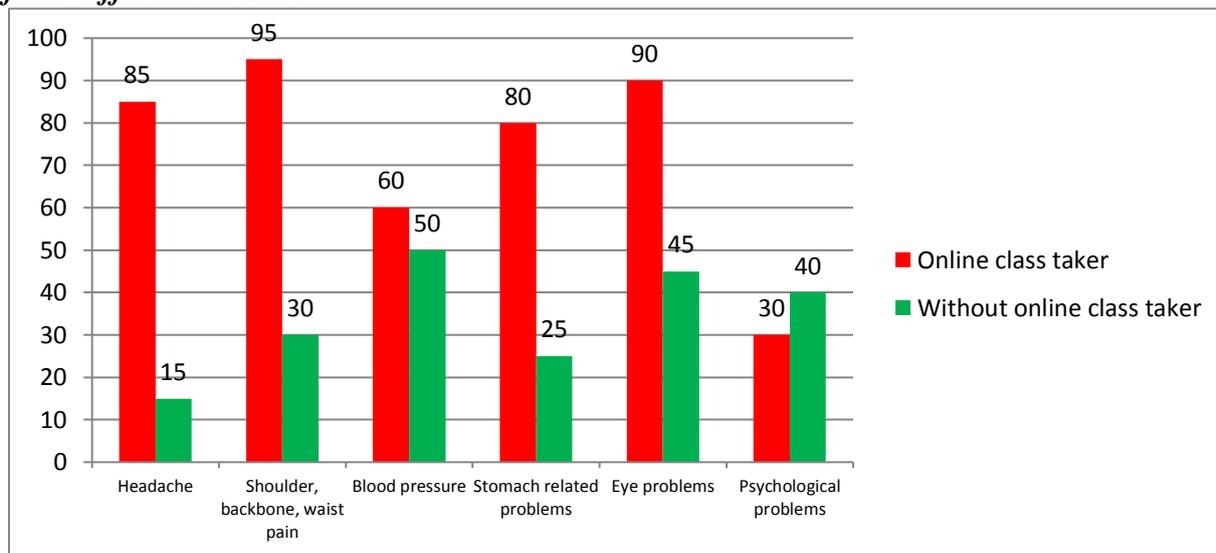
Table- 2.3 Percentage of university teachers (online class takers and without online class takers) suffering from various diseases

Problems	Online class takers (N=20)		Without online class takers (N=20)	
	Number	Percentage	Number	Percentage
Headache	17	85%	3	15%
Shoulder, backbone, waist pain	19	95%	6	30%
Blood pressure	12	60%	10	50%
Stomach related problems	16	80%	5	25%

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Problems	Online class takers (N=20)		Without online class takers (N=20)	
	Number	Percentage	Number	Percentage
Eye problems	18	90%	9	45%
Psychological problems	6	30%	5	25%

Graph- 2.3 (Bar-diagram) showing the percentage of the university teachers suffering from different diseases



Above table and bar- diagram clearly shows that the percentage of online class taker university teachers are higher among all the diseases excepting blood pressure and psychological problems than without online class taker school teachers.

DISCUSSION

During lockdown, lots of teachers have to take online classes for a long duration every day. It creates lots of health issues. Result table-1 shows that most of the online class taker teachers were suffered from shoulder-backbone-waist pain, eye-problems, headache and stomach related problems. They were less suffered from blood pressure and psychological problems. Result table- 2.1, 2.2 & 2.3 also shows that online class taker teacher of schools, colleges and universities were higher suffered from shoulder-backbone-waist pain, eye-problems, headache and stomach related problems excepting blood pressure and psychological problems.

In other hand, without online class taker teachers were not influenced by these health issues. During online classes, teachers have to sit for a long time in a same place which creates stomach problems and shoulder-backbone-waist pain. They have to focus only on mobiles or computers. The brightness and radiation of devices, create various types of health issues such as eye problems, headache. Online classes do not influence the blood pressure level and psychological health because blood pressure is mostly depending upon the psychological health of the person. During online class teachers are contacted with their students which reduce their loneliness. They forget their personal life problems during this time. Thus, it reduces anxiety, depression and stress.

CONCLUSION

The present study reveals that the teachers who spent lots of time in online classes have many health issues such as pain in different parts of the body, eye related problems, headache etc. Online classes do not influence the psychological health of the teachers.

Limitations and suggestion

1. The sample size is very short in this study. Therefore, result cannot be generalized. Psychological scale has not been used in this study. Thus, the conclusion is not so much scientific.
2. The present study would be conducted on large sample and a scientific psychological health would be used for more valid result.

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Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Kumari A. (2020). Impact of online classes on psycho-physical health of teachers during lockdown. *International Journal of Indian Psychology*, 8(3), 1421-1427. DIP:18.01.148/20200803, DOI:10.25215/0803.148